# woman&home

delicious recipes & ideas

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Comforting one-pot or spicy curry?

Dishes for all your food moods

Supercharge your diet Lose up to 1411

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Take a chef's masterclass

**James Martin Rick Stein Anjum Anand Gennaro Contaldo** Bill Granger Yotam Ottolenghi Rachel Allen

WOW!

Sticky warm orange pud

Fabulous - and it's low fat!

**FAT AND** 

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# Hello

We're back for this New Year and I'm sure we are all full of *healthy*, *new-start resolutions*. But before you go off on one of those mad soup-and-a-banana crash diets, we have many more delicious ways to help you achieve a *balanced eating plan*.

In this issue, we have *plenty of advice on healthy eating* but *without that horrible deprivation* sensation that just

makes you reach for the biscuit tin. From new ideas for midweek, and helping you eat more fruit and veg, to a diet that really boosts your system. We've enlisted a team of great chefs – from the lovely James Martin to the equally lovely Rachel Allen. In fact, we're sure there's a feel good recipe for every occasion, and w&h's wonderful Homes Editor, Emma Morton-Turner, gives inspiration for the new season's table styles and her X-factor gadgets to make healthy cooking even easier. We hope we've inspired you to check out our great subscription offer on page 98.

#### **Happy New Healthy Eating!**



+ GREAT FOR VEGGIES

Recipes that are suitable for vegetarians

PLUS recipes that are:

EASY

PREPARE AHEAD

FREEZABLE

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# In this issue





#### FOOD KNOW-HOW

- 10 What's in season
- 34 Eat smart: nuts and seeds
- 56 Cook smart: essential oils
- 80 Eat smart: healthy skin
- 132 Supercharge your diet

#### CHEFS' RECIPES

- Rick Stein's Steamed mussels with yellow kroeung, coconut milk and kaffir lime leaves
- 36 Bill Granger's Beef daube with rosé
- 54 Gennaro Contaldo's Polpettine di carne (meatballs)
- 78 Yotam Ottolenghi's Multi vegetable paella
- 96 Anjum Anand's Karahi mushrooms with peppers and peas
- James Martin's Sticky chicken wings and Slow-roasted tomatoes with Worcestershire sauce
- 150 Rachel Allen's Date bars

#### COMFORT FOOD

- 20 Pear and celeriac soup
- 20 Sage-stuffed pork with onion
- 24 Balsamic chicken casserole

- 24 Stuffed cabbage leaves with pork
- 24 Smoky sausage and chickpea casserole
- 26 Garlicky chicken and squash casserole
- 26 Pot roast beef in ale
- 29 Chicken, bean and tomato pilaf
- 29 Chunky country soup
- Spicy lentil and sweet potato stew
- 30 Rich and saucy pork chilli
- 32 Olive and caper mash
- Roasted garlic mash
- Swede and carrot mash
- 32 Celeriac and potato mash

#### MIDWEEK EASY

- 40 Seared scallops with linguine and Parmesan
- 40 Chervil tagliatelle with sauce vierge
- 45 Minted lamb and butter bean mash
- 45 Fillet steak with fresh rocket
- 46 Pumpkin and sweet potato soup
- 46 Croûton-crusted salmon
- 46 Butter beans with chorizo
- 50 Swordfish with a parsley crust
- 50 Prawn fishcakes
- 50 Rosemary skewered monkfish
- Aubergine and goats' cheese sandwich

Spaghetti with griddled courgettes, cherry tomatoes and prawns

#### MEAT-FREE COOKING

- 60 Carrot, squash and coriander soup
- 60 Cauliflower gratin
- 64 Sesame soy salmon
- 64 Roasted veg and rice noodle salad
- 64 Five-minute tuna and avocado salad
- 68 Feta and pepper frittata
- Mediterranean aubergines
- Tomato, black olive and caper spaghetti
- 72 Asparagus and creamy scrambled eggs
- Courgette and goats' cheese tortilla
- 72 Crab salad
- 76 Roast squash and beetroot couscous
- 76 Ultimate veggie lasagne
- 76 Beetroot and goats' cheese Wellingtons

#### ADD A LITTLE SPICE

- 84 Braised Chinese pork
- Hoisin and ginger sticky chicken
- Roast lamb with a spiced yogurt crust
- 38 Teriyaki mushroom and spinach stir-fry
- S8 Chilli and lemongrass prawns with cauliflower





- Fragrant green curry
- 92 Keralan-style prawn curry
- Thai turkey lettuce cups
- 94 Smoked haddock kedgeree
- Chicken and courgette empanadas

#### SPECIAL WEEKENDS

- 102 Oyster and watercress soup
- 102 Scottish mussel broth
- 105 Lemon-and-basil stuffed turkey
- Pomegranate molasses griddled steak with roasted beetroot
- 106 Jerk chicken salad
- 106 Roast chicken with lemon and roasted vegetables
- 108 Roast pork with anchovy and sage
- 108 Leg of lamb with anchovies and capers
- 110 Rosemary potatoes
- 110 Warm lentil salad
- Red cabbage with apples, balsamic and walnuts
- 110 Roasted celery hearts and fennel
- 112 Tomato and onion focaccia
- 112 Spicy salami pizza
- Tomato, mozzarella and anchovy pizza
- Rosemary and goats' cheese pizza

#### **DESSERTS AND BAKING**

- 120 Velvet chocolate mousse with meringues
- 120 Baked apples with candied peel
- Zesty orange tart
- Panna cotta with ginger
- 124 Low-fat, warm sticky marmalade pudding
- 124 Sticky date sponges
- Almost fat-free sticky toffee sauce
- 124 Rich chocolate syrup
- 127 Rhubarb crumble
- 127 Tiramisu meringues with coffee mascarpone
- 23 Blueberry Bakewell tart
- **Peppery oatcakes**

#### AND THE REST

- Our contributors
- 8 Menu planner
- 98 Subscribe to Feel Good Food
- 116 Subscribe to woman&home
- 188 Log on to womanandhome.com
- 140 Essential kitchen kit
- 142 Create your own top table
- 144 Our favourite suppliers
- 147 Offers
- 148 Very Important Producers
- 54 Recipe index

#### Practical stuff

- \* We use measuring spoons and all quantities are level.
- + All eggs are free-range.
- + Use metric or imperial weights and measures; don't mix the two.
- We don't specify salt and pepper in our ingredients' list, but we always tell you to season food. The use, or not, of salt is up to you.
- + Each recipe is nutritionally analysed. The Recommended Daily Amount (RDA) is 2,000 calories for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).
- Ovens vary in temperature, so you may want to invest in an oven thermometer.
- The size of a cake is measured on the diameter on the base of the tin.
- Cakes are better if you bake them on non-fan.
- We always use humanely reared meat, poultry and game in our recipes.

Go online

Log on to our website www.womanandhome.com

for even more fabulous recipes and ideas

SHARON NAMES OF

# Meet our professionals...



Born in Minori on the Amalfi

Coast, Gennaro Contaldo's

#### Gennaro Contaldo

passion for food began at a very young age when he started helping out in local restaurants at the age of 8. After arriving in London in 1969, Gennaro worked in various restaurants - including Antonio Carluccio's Neal Street - before opening his own restaurant, Passione in 1999, which was voted Best Italian Restaurant in 2005. His first recipe book, also called Passione, includes specialities from the coastal area where he spent his childhood, and conveys the passion for simple and seasonal food for which he has become famous. Recognised as Jamie Oliver's mentor on Italian food, he's now in charge of creating menus and training new chefs for Jamie's Italian restaurant chain. Gennaro's new book, Gennaro's Easy Italian, is full of his signature, simple Italian dishes that everyone loves.



#### Bill Granger

food. One of Australia's

leading food writers and

Bill Granger has always loved

restaurateurs, he has a simple approach to cooking. Born in Melbourne, Bill is a self-taught cook who gained his knowledge from eating and cooking at home. He moved to Sydney when he was 19 and by 22 had opened his first restaurant, called bills. On the back of its success, he opened a second three years later and now has three Sydney restaurants, all favourite destinations with locals and tourists alike. With two restaurants in Japan, there are also plans to open to one in London, where he is currently living with his wife and their three daughters. His cookbooks have all been bestsellers, and his latest, Bill's Basics, brings together 100 of his favourite recipes, but with a modern twist that

brings them right up to date.

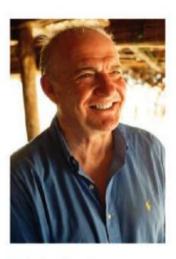


#### Anjum Anand

Although Anjum grew up in London, she says that when she got home the gorgeous spicy smells emanating from her mother's kitchen made it feel as if she was "entering a little Indian colony".

After gaining a business degree, Anjum decided to develop her interest in Indian food. Her aim was to make it fresher, lighter and simpler

it fresher, lighter and simpler to cook, and have it reflect the well-balanced meals of her childhood, rather than the western interpretation of Indian dishes. Having worked in restaurants in New York, Los Angeles and New Delhi, Anjum's real passion is stylish food that is easy enough to cook at home. What followed was the first recipe book, Indian Every Day, with Indian recipes that catered for the health conscious. A popular TV chef, her fifth book -I Love Curry - covers all the favourites, as well as some new and delicious ideas.



#### Rick Stein

Rick Stein OBE is passionate about cooking and serving fish, and a firm supporter of local producers.

There's not much the chef and restaurateur doesn't know about fish, and he's inspired many of us to be more adventurous when cooking with seafood. After running a nightclub in the fishing port of Padstow, Cornwall, he turned to cooking, and opened a restaurant specialising in freshly caught local produce. Rick now runs four restaurants, a delicatessen, a patisserie, a seafood cookery school, plus 40 guest bedrooms in Padstow. He's committed to the quality of food and is a patron of the Marine Stewardship Council, which promotes sustainable fishing practice. Rick's latest book, Far Eastern Odyssey, which accompanied the BBC TV series, follows his journey from Cambodia to Bangladesh as he samples and cooks local recipes. Rick divides his time between Padstow and Sydney, Australia.



# Yotam Ottolenghi Famous for the innovative yet at the same time simple – and utterly delicious – food, the Ottolenghi restaurants set up by Yotam have become a London must-go foodie destination.

Born in Jerusalem, a career change took Yotam from his homeland and a journalistic background to London, where he attended the prestigious Le Cordon Bleu cooking school. After working at a number of restaurants as a pastry chef, he became head pastry chef at Baker & Spice, before opening the first Ottolenghi in Notting Hill in 2002. Now located in four venues across London, the restaurants and delicatessens are famous for their fresh and unique dishes. In 2008, Ottolenghi The Cookbook was put together with Sami Tamimi. Plenty, his new book, is a collection of vibrant vegetarian dishes from his column in the Guardian Weekend. Highly original, they are tempting enough even for diehard meat eaters.

#### James Martin

James Martin presents BBC1's Saturday Kitchen, and has also appeared in shows including The Great British Village Show and Strictly Come Dancing.

His cooking career began at a young age, when his father ran the catering at Castle Howard in Yorkshire. After spending time in France and aged just 21, James became head chef of the bistro at the first Hotel du Vin in Winchester, where the waiting list for a table stretched into months. Now he has fingers in many pies, including consultancy work, his own kitchen company, a line of electrical kitchen equipment with Wahl and a range of cookware for Denby. He's also the name behind a couple of cruiseliner restaurants. James has written ten cookbooks, including Great British Dinners and James Every Day: The Essential Collection. His latest, My Kitchen, is packed full of tasty everyday meals the chef cooks at home.

#### Rachel Allen

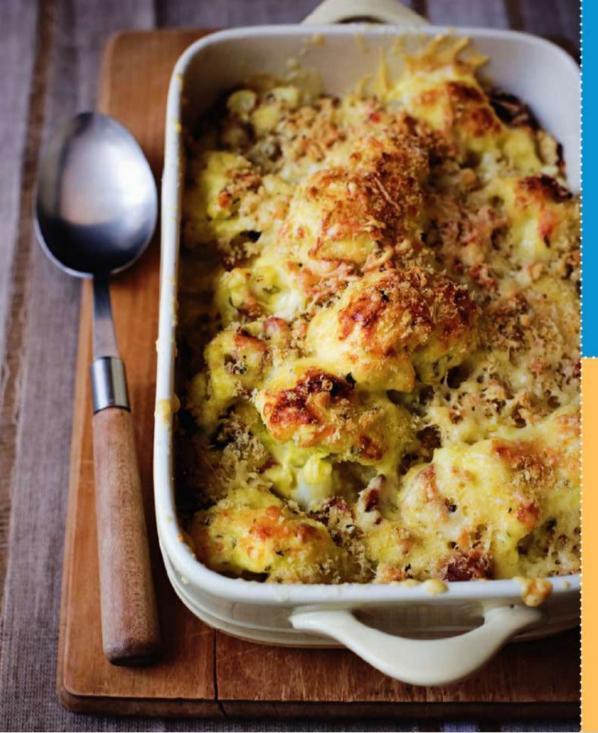
Rachel Allen was brought up in Dublin and, at the age of 18, left to study at the prestigious Ballymaloe Cookery School She is now a busy TV chef, bestselling author, journalist and mother, and still teaches at Ballymaloe. Rachel's style of cooking is approachable, easy-to-follow, but above all practical - simple but delicious food, ideal for family and friends, with regional and global influences. If the thought of stress-free cooking appeals to you, look no further than Bake, her book that includes both sweet and savoury dishes that you simply stick in the oven - and then reap the rewards when the gorgeous dish is cooked! Rachel's latest book, Entertaining At Home, shows just how easy entertaining can, and should, be. Rachel lives in County Cork with her husband, their two sons and daughter.





# A dish for every occasion

Whether you need a new idea for a show-off menu, a bit of a change for Sunday lunch or help to reinvent midweek meals, look no further!





### 3 special menus

We've done all the hard work for you, making dinner-party planning so much easier – simply choose one of our three fabulous menu ideas:

- + Rick Stein's Steamed mussels
- + Braised Chinese pork
- + Panna cotta with ginger
- + Oyster and watercress soup
- + Leg of lamb with anchovies and capers
- + Zesty orange tart
- + Scottish mussel broth
- + Balsamic chicken casserole (right)
- + Blueberry Bakewell tart

## Easy vegetarian main courses

- Tomato, black olive and caper spaghetti
- + Anjum Anand's Karahi mushrooms with pepper and peas
- + Spicy lentil and sweet potato stew
- + Teriyaki mushroom and spinach stir-fry
- Pear and celeriac soup
- + Feta and pepper frittata
- Ultimate veggie lasagne
- + Cauliflower gratin (left)

## Lunch in under 30 minutes

- Carrot, butternut squash and coriander soup (left)
- + Five-minute tuna and avocado salad
- Asparagus and creamy scrambled eggs
- Sesame soy salmon
- Thai turkey lettuce cups



# Something sweet to eat

- + Rachel Allen's Date bars
- + Sticky date sponges (left)
- + Tiramisu meringues with coffee mascarpone
- + Low-fat, warm sticky marmalade pudding (cover image)
- + Baked apples with candied peel
- + Velvet chocolate mousse with mini meringues





#### TV dinners for Friday night

- + Rosemary and goats' cheese pizza
- Keralan-style prawn curry
- + Rich and saucy pork chilli
- + James Martin's Sticky chicken wings
- Smoky sausage and chickpea casserole
- + Tomato and onion focaccia (above)



#### Fruit & nuts

Look abroad for the real gems at the moment, but don't neglect our British produce too...

#### + PEARS

Late varieties such as Concorde,
Doyenne du Comice and Conference
can all still be found and are wonderful
baked in puddings or pies, or gently
caramelised with blue cheese in a salad.
Don't despair if your pears are overripe
– puréed, they will make a great topping
for porridge or as a cocktail mixer with
vodka or Prosecco.

#### + FORCED RHUBARB

Vibrantly pink forced rhubarb has a real affinity with ginger. Poach it in sugar syrup with some stem ginger, or bake it in a crumble with ground ginger and serve with vanilla custard. It's also fabulous roasted and stirred into muffin mixes, or for pies with blackberries and apples.

#### + APPLES

Whichever variety you like, apples remain one of the best snacks around. They're also wonderful cooked (see our recipe on page 121) or try them stuffed with raisins and cinnamon as a virtuous winter dessert, or tossed with sugar and spice, topped with buttered breadcrumbs and baked for an apple Brown Betty. And don't overlook Bramleys – they make fabulous apple sauce and add a welcome tang to an apple cake or crumble.

#### + PASSION FRUIT

A well-named fruit, its exotic flavour transports you to the shores of the Caribbean. Tip the pulp over meringues topped with Greek yogurt, or muddle in a Champage flute with a little sugar and add Prosecco for a very chic Bellini. Look for a wrinkled skin and a heavy feel – this shows they're ripe.

#### + MANGO

Wonderful in fruit salads, or puréed and stirred through natural yogurt with muesli for breakfast. Mangoes are only perfectly ripe for a short time, so pick yours carefully. It should have a slight give when pressed and smell fragrant.

#### + CLEMENTINES

Originally imported from Morocco, these little oranges shouldn't be ignored as soon as Christmas is over. Thinly sliced, they can be poached in sugar syrup and served with chocolate puddings or, if you have a lot of them hanging around in the fruit bowl, try squeezing them – the juice is sweet and delicately flavoured.

#### + DATES

Another Christmas tradition, leftover dates are fantastic to use in cookery. An essential ingredient of sticky toffee pudding, they are also lovely chopped and stirred through couscous to go with lamb dishes, or cooked in a Moroccan tagine, where they will melt into the sauce, thickening and enriching it.

#### + POMEGRANATES

Surely the prettiest fruit around, pomegranates' jewel-red seeds provide a sweet-sour taste to many dishes.

Sprinkle over Middle-Eastern casseroles at the end of cooking, or soak in freshly squeezed orange juice and serve with vanilla ice cream as an easy dessert.

#### + SEVILLE ORANGES

The incredibly short Seville orange season starts in January, and if you're a marmalade lover, now's the time to get preserving. These wonderfully sour little oranges can also be used like lemons – try squeezing over fish and chicken dishes, or pancakes.

#### + CHESTNUTS

The very essence of winter, chestnuts can be used in so many different ways. Roasted in their shells, they are wonderful served hot as a pre-dinner snack, and shelled, they can be pan-fried and added to vegetarian tarts or pies. Try chopping them up and simmering with onions, stock and mushrooms, then puréeing for a velvety soup. Chestnut purée is also a fab ingredient for desserts, such as our Panna cotta with ginger on page 123. Use the leftover purée to swirl through vanilla ice cream or as a filling for an apple cake.

#### **Vegetables**

It's all about comfort food this season, so make the most of our wonderful root vegetables and brassicas.

#### + CELERIAC

With a delicate flavour, gently reminiscent of celery, celeriac makes the most fabulous purée, blended with onion, garlic and a little whole milk. It's also wonderful roasted and served as a side dish to a roast, or sliced thinly and baked in a gratin (see page 14 for our Celeriac and potato gratin).

#### + JERUSALEM ARTICHOKES

The ugly ducklings of the vegetable patch, these little artichokes make beautiful soups, simmered with good vegetable stock and milk. Cut them into batons and try them roasted and served with a mustardy dip — a great alternative to chips.

#### + RED CABBAGE

Perfect for a Sunday roast, red cabbage needs to be cooked for much longer than most people think. Shred it finely, then simmer with red wine, balsamic and orange juice for 2 to 3 hours, topping up with water and finishing with butter. The sauce it creates goes beautifully with duck. Or try pickling it in vinegar and serving with sushi as a post-festive detox.

#### + CELERY

We love celery cooked in a soup with blue cheese crumbled over at the end. So delicious! When raw, it's great with hard cheeses and chutneys, and you can also bake it in a gratin with a white sauce and breadcrumb topping. Just pull off the stringy fibres first.

#### + CHICORY

With its bitter taste and crunchy, juicy texture, chicory is gorgeous in main course salads with rich meats such as duck or pigeon breast. It's also robust enough to be cooked – braised with lemon and butter for around half an hour, it makes a unusual and delicious accompaniment to chicken.

#### + SPRING AND WINTER GREENS

These are lovely simply shredded and steamed to have with a pie or gravy dinner or, if you're feeling more indulgent, try sautéing with butter and a generous grating of nutmeg.

#### + KALE

One of our favourite winter vegetables, kale is lovely served with stews, roasts and casseroles. Its distinctive cabbage flavour also works very well with Spanish recipes, and is great stirred into dishes flavoured with smoked paprika.

#### + LEEKS

Delicious with anything creamy, we like to sauté chopped leeks with lots of sea salt, then stir them into mashed potato with spring onions, as a makeshift colcannon. They're perfect baked in a gratin, or roasted with a little oil to go with Sunday lunch. And try chopping them finely with carrot and onion as a base for a chicken broth.

#### + ONIONS

Onions are strong at this time of year, so store them in the fridge to keep the tears at bay. When cooked, their natural sweetness comes out and they make wonderful chutneys and savoury jams. Or try making an onion soup with white wine, beef stock and cheese croûtons.

#### + PARSNIPS

Roasting parsnips is always popular, but ring the changes by simmering them with stock and curry spices and puréeing into a velvety soup. Or peel strips from them with a veggie peeler, then deep fry in olive oil and sprinkle with sea salt for homemade crisps. Just remember, if they're big, cut out the woody centre before you cook them.

#### + SWEDE AND TURNIPS

Either mashed with carrot or roasted in olive oil with sea salt, swede makes a lovely accompaniment to hearty winter fare. You can also use it as a base in broths, or bake it in a gratin as an alternative to potato.

#### + BEETROOT

How we love beetroot, and the rest of the culinary world seems to too! Our

new favourite way is to grate it raw, then toss it in hot olive oil and lemon juice with a sprinkling of sea salt to serve with steak. Try it cut into wedges and roasted until blackened and caramelised on the outside and fudgey in the middle.

#### + CARROTS

Carrots must be the most versatile vegetable – and they're so cheap!
As well as all the usual roasting and steaming options, carrots are fantastic finely sliced in cleansing Asian salads, and they taste great pickled with vinegar and sesame. Or try making carrot chutney – the natural sweetness works well with creamy, tangy hard cheeses such as Wensleydale.

#### Meat, fish & more

Always buy the best quality you can afford, and preferably from your local suppliers. You can always taste the difference!

#### + PORK

Outdoor-reared British pork is the only choice to go for. Our welfare standards are higher than the rest of Europe and our pork tastes all the better for it. Pork at the moment is full flavoured and tender, so perfect for all manner of dishes. For something a little different, try a slow-roasted shoulder, cooked with red wine, rosemary and garlic, until falling off the bone. Serve with buttery polenta and plenty of winter greens.

#### + VENISON

The ultimate luxury meat choice if you're watching your weight, venison is lean and gamey in flavour. Try casseroling meat from the haunch with beef or game stock and tomatoes, or roast a loin wrapped in pancetta to keep it moist. And if your knife skills are up to scratch, venison carpaccio makes a delicious change from beef.

#### -- PHEASANT

At this late stage in the game season, pheasant is best slow-cooked as it tends to be a little tough. You can braise it with shallots, stock and red wine, or why not try marinating it in Moroccan spices, then slow-roasting covered in foil with courgettes, red onions and peppers?

#### + PARTRIDGE

These little birds are the perfect size for one, and a great dish to cook for a special occasion. Stuff chopped bacon and onion under their skins, then roast and serve with gravy that has been enriched with cranberry sauce. Their gamey flavour also works brilliantly slow-cooked with Indian spices and served with scented pilau rice.

#### + CRAB

We love crab more than lobster — its delicate, sweet flesh is incredibly moreish. For fantastic canapés, mix crab meat with lime juice, some chopped chilli and coriander, and serve on blinis. Or add to chopped hard-boiled egg with snipped chives and plenty of seasoning — a perfect sandwich filling. Adding the brown meat to fish soups or bisques will enrich the flavour, while the white meat dipped in melted butter is pure heaven. But don't buy crab claws on their own — they're pulled from live crabs that are then tossed back in the ocean to die.

#### + OYSTERS

Rock oysters — bigger than native ones — are sweet, clean and juicy right now. We like them dressed with nothing more than lemon and maybe Tabasco, but if you're feeling creative you can whip up a sauce with chopped shallots, red wine vinegar and a pinch of sugar.

#### + COCKLES

A poor-man's feast, cockles are really cheap and so tasty! Stir them into fish soups, or combine with lemon juice, olive oil and parsley for a quick and delicious pasta sauce. They can also be pickled in vinegar for a great low-fat, high-protein snack.

#### --- WHITING

A more sustainable member of the cod family, whiting's flesh is sweet, delicate and firm. It can turn a little mushy if cooked too slowly, so it's best to grill or bake it. Wrap it in foil with thinly shredded vegetables, lemon juice and fresh dill, and bake in the oven, or top with a mustard and parsley breadcrumb crust, then grill and serve with lemon wedges and a green salad.





Feel good ideas

# In season: root veg







#### Borscht with caraway seeds

Eating beetroot may help to promote healthy liver function, which in turn helps the body efficiently break down fats, preventing fatigue.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 1 HOUR** 

**SERVES 4** 



#### EASY / PREPARE AHEAD / FREEZE

500g (1lb 2oz) raw beetroot, peeled and grated 1 onion, peeled and grated 1 large potato, peeled and grated 1tsp caraway seeds 600ml (1pt) vegetable stock 400g can chopped tomatoes 4tbsp sour cream or half-fat crème fraîche spring onions, sliced, to serve

- 1 Place the beetroot, onion, potato and caraway seeds in a large saucepan and add the stock and tomatoes. Bring to the boil, cover and simmer gently for 45 to 60 minutes or until the vegetables are tender.
- 2 Remove the pan from the heat and leave the soup to cool slightly, then purée it until smooth in a food processor. Season to taste and serve hot or cold with a dollop of sour cream and some spring onions. Per serving: 190 calories, 3.5g fat

(2g saturated), 28g carbohydrate

#### Baked butternut squash

The magnesium in butternut squash helps the body to absorb calcium. which builds strong bones - an ideal veg for those with osteoporosis.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 55 MINUTES** 

**SERVES 2** 

**FEEL** 

GOOD+



#### EASY / PREPARE AHEAD

1 medium butternut squash, quartered and deseeded (left unpeeled) 1 large onion, cut into 8 wedges olive oil, for roasting 100g (4oz) risotto rice 35g (11/4oz) Parmesan cheese, grated 1 red pepper, deseeded and cut into chunks

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the butternut squash and onion in a roasting tin, brush with the olive oil and roast for 35 to 40 minutes until the squash is almost tender.
- 2 Meanwhile, put the rice in an ovenproof dish and pour over 450ml (15fl oz) hot water. Cover and cook in the oven for 20 minutes, until the rice is almost tender. Drain off any excess water.
- 3 Stir half the Parmesan into the rice and spoon the mixture into the squash hollows, then sprinkle the rest of the Parmesan all over the

squash and season. Add the pepper chunks and return the roasting tin to the oven for about 15 minutes. Per serving: 602 calories, 23g fat (6g saturated), 83g carbohydrate

### Celeriac and potato gratin

Low in fat and cholesterol, celeriac adds wonderful flavour to this gratin, perking up the potatoes.

**PREPARATION TIME: 15 MINUTES COOKING TIME: 40 MINUTES** 

**SERVES 4 AS AN ACCOMPANIMENT** 



#### EASY / PREPARE AHEAD

250g (9oz) celeriac, peeled and sliced 350g (12oz) floury potatoes, peeled and very thinly sliced 1 onion, peeled, halved and thinly sliced 300ml (1/2pt) vegetable stock 75g (3oz) mature Cheddar, grated fresh thyme, to serve

- 1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Place a layer of celeriac at the bottom of a baking dish and season with salt and freshly ground black pepper.
- 2 Cover with a layer of potato and scatter with a few sliced onions. Repeat until all the vegetables are all used, finishing with a layer
- 3 Pour over the stock, scatter the cheese over the top, and bake for 35 to 40 minutes or until the vegetables are soft. Cover with foil if it browns too quickly. Scatter over the fresh thyme and serve. Per serving: 179 calories, 7g fat (4g saturated), 22g carbohydrate

### ROOT VEGETABLES

During the colder months, root veg really come into their own as their robust, earthy flavours are perfect for warming soups and casseroles. Packed with vitamins and minerals, try to eat a wide variety of them to ensure you gain a range of different nutrients. For a healthier option, avoid adding lots of butter, rich sauces or oils to them.

#### Balsamic-roasted root vegetables

Turnips add a lovely sweetness to this dish as well as being an excellent source of fibre and vitamin C.

PREPARATION TIME: 20 MINUTES

**COOKING TIME: 1 HOUR** SERVES 4 TO 6



EASY / PREPARE AHEAD

4 baby parsnips, scrubbed

2 large carrots, halved lengthways

- 4 baby beetroots, scrubbed and halved lengthways
- 4-6 baby turnips, scrubbed
- 2 red onions, skins and roots intact, halved crosswise
- 2 medium potatoes, scrubbed and halved
- 1 sweet potato, quartered lengthways
- 2tbsp extra virgin olive oil
- 2tbsp balsamic syrup, pomegranate molasses or dark honey marjoram or oregano sprigs, to serve

Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Set the vegetables cut side up in a large roasting tin. Drizzle with the oil, then stir in the balsamic syrup. Season with salt and pepper and bake for 40 minutes to 1 hour, or until the vegetables are tender and browned at the edges. If you like, stir a little water into the emptied hot roasting tin, stir and drizzle over the vegetables. Garnish with the herbs and serve. Per serving: 300-200 calories, 7-5g fat (1-0.7g saturated), 55-37g carbohydrate



# Much has changed since Dad's first day of cheese making.

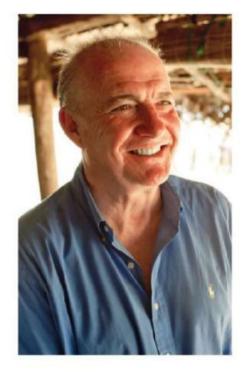
Like his father before him, our Chairman John

started working with the milking team knee-high to a heifer. For nearly 150 years, generations of the Clothier family have been following farming traditions in the heart of Somerset. A mild climate and lush pasture continues to provide

rich, creamy milk. We still look after our cows with the same love and care. Over the years we've welcomed many new members of the family, all steadfastly committed to retaining our original recipe.



But our Cheddar hasn't.



"CAMBODIAN CUISINE IS FRAGRANT WITH LEMONGRASS AND LIME LEAVES, HOT WITH BIRD'S EYE CHILLI AND, ABOVE ALL, SLIGHTLY SWEET WITH PALM SUGAR, SO IMPORTANT THAT THE SUGAR PALM, A SPINDLY TREE WITH A HALO OF DARK GREEN LEAVES, IS ON THE NATIONAL FLAG." THIS DISH MAKES USE OF ALL THESE ESSENTIALS. WITH A GOOD HIT OF IRON AND ZINC FROM THE MUSSELS, WHICH ARE ALSO LOW IN FAT.

#### **RICK STEIN'S**

#### Steamed mussels with yellow kroeung, coconut milk and kaffir lime leaves

Because there are so many good recipes in Southeast Asia, I haven't often felt the need to write my own recipes in the regional style, especially of somewhere such as Cambodia. However, I decided I wanted a recipe for shellfish where coconut milk, chilli, fish sauce, lemongrass, lime leaves and lime juice are made into a fragrant sauce with the juices from steamed mussels. This is it. Make sure the mussels are very fresh and tightly closed. so they haven't lost any of their liquor.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 12 MINUTES SERVES 4** 

EASY

2tbsp lime juice

2tbsp vegetable oil 400ml (14fl oz) coconut milk 1.75kg (4lb) fresh mussels in their shells, cleaned 4 kaffir lime leaves 2tbsp fish sauce 2tsp palm sugar

large handful fresh coriander leaves, roughly chopped

#### for the kroeung (Khmer curry paste):

50g (2oz) galangal or ginger, peeled and roughly chopped

2tsp turmeric

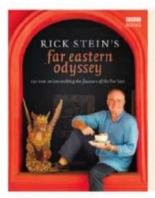
40g (1½oz) garlic, roughly chopped 8 fat lemongrass stalks, core chopped 100g (4oz) shallots, roughly chopped 4 kaffir lime leaves, finely shredded

1 strip pared lime zest

2tsp Cambodian fermented fish paste or Thai shrimp paste

1 medium-hot red or green chilli, chopped

- 1 To make the curry paste, place all the ingredients in a food processor with around 2tbsp water, to get the paste moving, and process until you have a very smooth paste. 2 Heat the oil in a large, deep pan. Add the curry paste and fry for 5 minutes, stirring now and then, until it smells aromatic. Add the coconut milk and simmer for 2 minutes. 3 Add the mussels and lime leaves to the pan, cover and cook over a high heat for 3 to 4 minutes until the mussels have just opened.
- 4 Add the fish sauce, sugar and lime juice and adjust the seasoning with salt if necessary. Scatter over the coriander and serve in deep, warmed bowls.



#### RICK STEIN'S FAR EASTERN ODYSSEY (BBC BOOKS, £25)

This book accompanied the chef's TV series of the same name, during which he visited Bangladesh, Cambodia, Vietnam, Thailand, Malaysia, Bali and Sri Lanka. The book features authentic recipes, such as Malaysian fish curry and Balinese slow-cooked pork, with stunning photography evoking the magic of teeming markets and the aromatic cooking that comes from a Far Eastern kitchen.



Rick Stein's Steamed mussels with yellow kroeung, coconut milk and kaffir lime leaves

# A touch of comfort

On those days when only a plate of something warming and delicious will do, we've chosen a range of recipes that are sure to deliver comfort on a plate. The bonus: they're mostly one-pot methods so you can prep in advance hearty and enticing feel good dishes – and you'll have less washing-up at the end of the meal. That's a win-win in our book!



#### + GREAT FOR VEGGIES

#### Pear and celeriac soup

High-fibre celeriac keeps the digestive system healthy and functioning properly.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 25 MINUTES

**SERVES 4** 

**✓** Six EASY/PREPARE AHEAD/FREEZE

1tbsp olive oil
1 onion, roughly chopped
1 medium celeriac, peeled and cut
into small chunks
1 litre (1³4pt) vegetable stock
4 ripe, juicy pears such as comice
10g (¹⁄4oz) lovage or parsley, torn,
plus extra, shredded, to garnish

- 1 Heat the oil in a large saucepan and gently fry the onion until soft. Add the celeriac and stock and bring to a gentle simmer. Cover and cook gently for about 20 minutes until the celeriac is soft.
- **2** Peel, core and roughly chop the pears and, 5 minutes before the end of cooking time, add them to the soup with the lovage or parsley. Cook gently for the remaining 5 minutes then blend in a food processor, in batches, until smooth.
- **3** Return the soup to the cleaned saucepan and heat through gently. Season to taste and serve, scattered with finely shredded lovage or parsley and some freshly ground black pepper.

  Per serving: 171 calories, 3.5g fat (0.5g saturated), 20g carbohydrate

## Sage-stuffed pork with onion

Omega-3 in rapeseed oil, "the British olive oil", helps maintain brain function.

PREPARATION TIME: 15 MINUTES COOKING TIME: 30 MINUTES

SERVES 4

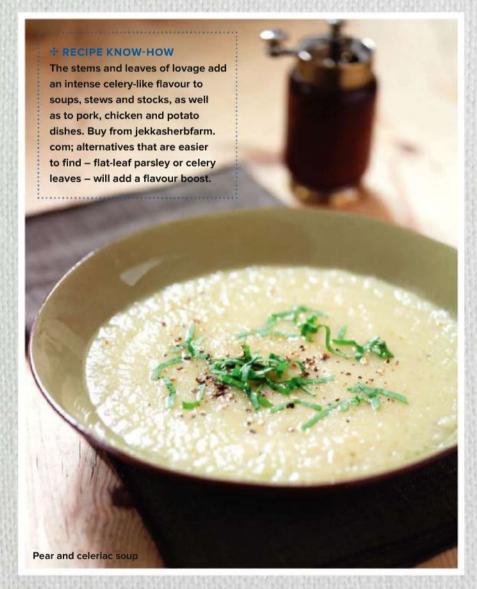
large bunch sage leaves
4tbsp rapeseed or sunflower oil
50g (2oz) unsalted butter
1 small onion, finely chopped
1tbsp green peppercorns in brine,
drained and crushed
4 thick free-range pork loin chops
1 glass dry white wine
100g (4oz) prunes, chopped
4tbsp single cream or half-fat
crème fraîche

- 1 Pull about 20 whole sage leaves from the bunch. Chop a further 10 leaves. Heat the oil in a frying pan until very hot. Add the whole leaves only, a few at a time, and fry until they go crisp. Drain on a plate lined with kitchen paper and reserve. Wipe out the pan with kitchen paper.
- **2** Add half the butter and the onion to the pan and fry for 5 minutes until the onion is soft. Stir in the chopped sage and peppercorns and remove from the heat. Leave to cool.
- **3** Holding a knife horizontally, push the tip into the fat side of each pork chop, slicing into the meat to make a deep pocket. Pack the herb and onion mixture into the pockets and season the chops on both sides.
- 4 Melt the remaining butter in the pan.
  Add the chops and fry on each side for 3
  to 4 minutes until golden underneath. Pour
  in the wine and scatter with the prunes.
  Cover with a lid and cook very gently for 15
  minutes until the chops are cooked through.
- **5** Scoop the prunes over the chops and swirl the cream into the pan juices. Check the seasoning and serve, scattered with the crisp, whole sage leaves.

  Per serving: 500 calories, 35g fat (13g saturated), 11g carbohydrate

#### + TRY THIS

Chopped sage is a classic companion to pumpkin or squash. Sage crisps, as above, can be scattered over to serve.









## Balsamic chicken casserole

Chicken thigh meat contains twice the amount of iron and zinc as white meat.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 1 HOUR 15 MINUTES
SERVES 6

**✓ ③ S** EASY/PREPARE AHEAD/FREEZE

15g (½oz) dried porcini mushrooms
12 boneless, skinless free-range
chicken thighs
2 garlic cloves, crushed
1tbsp poultry seasoning (try Bart Spices,
from supermarkets and bartspices.com)
2tbsp olive oil
1 large onion, halved and sliced
450g (1lb) carrots, cut into batons
150ml (½pt) balsamic vinegar
2 x 400g cans chopped tomatoes
2 x 400g cans cannellini beans, drained
and rinsed

**1** Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Cover the mushrooms with 100ml (4fl oz) boiling water to soften. Season the chicken thighs and sprinkle with the garlic and the poultry seasoning.

2tbsp fresh parsley, chopped

- **2** Heat the oil in a large casserole, add the chicken and cook for 10 minutes to brown. Add the onion and cook for 5 minutes.
- **3** Add the carrots and pour in the vinegar and tomatoes. Add the mushrooms and strained soaking liquid. Bring to the boil, then cover. Cook in the oven for 45 minutes, then stir in the cannellini beans, cover and cook for a further 15 minutes until the carrots are tender. Sprinkle with the parsley to serve.

Per serving: 378 calories, 9g fat (2g saturated), 32g carbohydrate

#### + TRY THIS

The poultry seasoning includes onion, garlic, lemon peel, tarragon and paprika, and adds a peppery flavour with a lemon undertone to dishes. It can be added to chicken casseroles, used as a dry rub (as above) or mixed with a little olive oil to create a marinade for chicken pieces.

## Stuffed cabbage leaves with pork

Caraway seeds give dishes a nutty flavour and may help to combat cancer.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 45 MINUTES
SERVES 6

**SOLUTION** EASY/PREPARE AHEAD

12 large spring cabbage leaves, washed 2tbsp olive oil 125g (4½oz) lean smoked streaky bacon, chopped 500g (1lb 2oz) lean free-range pork mince 2 leeks, trimmed and chopped 3 garlic cloves, crushed 2 carrots, grated 2tsp caraway seeds 1tbsp fresh thyme, chopped glass of white wine 75g (3oz) breadcrumbs 150ml (¼pt) chicken or vegetable stock

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Make a v-shaped cut through each of the cabbage leaves to remove the thick stalk end. Bring a large saucepan of water to the boil; blanch the greens, a few at a time, for 30 seconds. Drain and set aside. 2 Heat 1tbsp oil in a large frying pan. Add the bacon and pork and fry, breaking the mince up with a wooden spoon and stirring until it is starts to brown, then tip into a bowl. Heat the remaining oil and add the leeks and garlic and fry gently for 5 minutes. Return the meat to the pan, along with the carrots, caraway seeds, thyme and wine. Cook, stirring, until the wine has almost evaporated. Stir in the breadcrumbs and season.
- **3** Pile a large spoonful of the meat mixture on to each of the leaves and wrap into parcels. Pack tightly in an ovenproof dish in which they fit quite snugly. Pour the stock into the frying pan and bring to the boil. Pour over the parcels, cover and bake for 45 minutes. Serve with rice or mashed potatoes to absorb their delicious juices. Per serving: 318 calories, 17g fat (5g saturated), 14.5g carbohydrate

## Quick smoky sausage and chickpea casserole

Antioxidants in chickpeas could minimise hot flushes in post-menopausal women.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

SERVES 4

**☑** EASY/PREPARE AHEAD

2tbsp olive oil
2 red onions, chopped
¼ to ½tsp (depending how hot you like
it) smoked paprika
250g (9oz) cherry tomatoes, halved
400g can chickpeas, drained and rinsed
250ml (9fl oz) passata
½tsp sugar
8 British free-range pork sausages
(we used pork and garlic)
large handful coriander, chopped

- **1** Heat a sauté pan and, when hot, add the oil. Fry the onions for about 5 minutes until they're just starting to soften, then add the paprika and cook for a couple of minutes.
- **2** Add the cherry tomatoes to the pan, season and cook for a couple of minutes, then add the chickpeas, passata, sugar and 250ml (9fl oz) water to the pan, and bring to a simmer.
- **3** Simmer gently, stirring occasionally, for about 20 minutes. While it's simmering, cook the sausages and, when they are done, cut them into large chunks on the diagonal. Stir the coriander through the casserole and serve it in bowls with the sausages piled on top.

  Per serving: 414 calories, 25g fat (8g saturated), 26g carbohydrate

#### + RECIPE KNOW-HOW

The stew can be made up to 3 days in advance, just cook the sausages at the last minute. If your butcher stocks them, merguez or Toulouse sausages would be perfect for this casserole. For veggies, you can use Quorn sausages or try fried halloumi cheese. Delicious!



#### Garlicky chicken, squash and shallot casserole

Vitamin A in butternut squash is thought to reduce the risk of breast cancer.

PREPARATION TIME: 25 MINUTES COOKING TIME: 40 MINUTES

**SERVES 6** 

**✓** ⑤ ★ EASY/PREPARE AHEAD/FREEZE

2tbsp olive oil
6 free-range chicken breasts, skin on
400g (14oz) small shallots
1 onion, sliced
2 garlic cloves, chopped
2tbsp flour
150ml (1/4pt) dry sherry
juice and zest 1 large orange
600ml (1pt) chicken stock
4 sprigs rosemary, 2 finely chopped
1 butternut squash, approx 1.25kg
(2lb 12oz), peeled and cut into chunks
150ml (1/4pt) half-fat crème fraîche

1 Heat a large casserole with half the oil. Fry the chicken, skin side down, until brown. Remove and set aside. Fry the shallots until brown. Remove and set aside. 2 Reduce the heat, add the remaining olive oil and cook the onion and garlic for 6 to 8 minutes until soft. Stir in the flour and cook for a further 2 minutes. Increase the heat and add the sherry, bubble for a couple of minutes before adding the orange juice and zest, stock, rosemary, squash, chicken and shallots. 3 Bring to the boil. Season. Cover and cook for 30 to 40 minutes, until the vegetables are tender. Remove the chicken and vegetables to a serving plate. Stir the crème fraîche into the sauce and reheat, then spoon over the chicken. Per serving: 379 calories, 9g fat (3g saturated), 23g carbohydrate



#### Pot roast beef in ale

Vibrant carrots are a source of betacarotene, which helps improve vision.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 3 HOURS
SERVES 8 (WITH LEFTOVERS)

EASY/PREPARE AHEAD/FREEZE

2tbsp sunflower oil 1.5kg (3lb 6oz) boneless beef brisket, rolled - ask your butcher to do this (if you want to cook on the bone, buy a 2.25kg/5lb piece) 250g (9oz) closed cup chestnut mushrooms, cleaned 1 swede, peeled and cut into chunks 400g (14oz) Chantenay carrots, trimmed 2 onions, peeled and cut into wedges 500g (1lb 2oz) baby new potatoes few sprigs thyme, roughly chopped 500ml (18fl oz) pale ale 350ml (12fl oz) beef stock 5tbsp mushroom ketchup 3 bay leaves 2-3tbsp creamed horseradish, to serve

- **1** Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Heat the oil in a large ovenproof casserole dish, add the beef and cook for about 5 minutes, turning until browned all over. Transfer to a plate.
- **2** Add the mushrooms to the casserole and fry for 5 minutes, until golden, then transfer to a bowl. Add the vegetables to the casserole and fry for 10 minutes, stirring, until golden. Stir in the thyme, ale, stock and ketchup, and season with salt and freshly ground black pepper. Bring to the boil and turn off the heat.
- **3** Tuck the bay leaves under the beef's string, then add to the pot. Cover with a lid or a double layer of foil and transfer to the oven. Cook for 2½ to 3 hours, turning the meat once or twice. Add the mushrooms for the last 10 minutes of cooking.
- **4** Put the beef on a plate and leave to rest before slicing thickly. Serve with some horseradish on the side. Per serving: 390 calories, 14g fat (5g saturated), 20g carbohydrate





## Chicken, bean and tomato pilaf

Vitamin K, found in runner beans, is important for maintaining bone density.

PREPARATION TIME: 15 MINUTES COOKING TIME: 30 MINUTES

**SERVES 4** 

**✓ ⑤ S** EASY/PREPARE AHEAD/FREEZE

3 free-range chicken breasts, cut into chunks

1 large red onion, cut into wedges oil, for frying 3tsp ground mixed spices (2tsp cumin

and 1tsp turmeric, for example)
200g (7oz) basmati rice
400ml (14fl oz) chicken stock
200g (7oz) runner beans, cut into
thick slices

150g (5oz) cherry tomatoes

- **1** Fry the chicken and onion in a little oil until browned. Add the spices and cook for a further 2 minutes.
- **2** Add the rice and coat with the oil. Pour in the chicken stock, cover, then simmer for 20 minutes or until the rice is tender and the stock has been absorbed.
- **3** Meanwhile, blanch the runner beans in boiling water and, 5 minutes before the end of cooking, add to the pilaf along with the tomatoes. Serve immediately. Per serving: 422 calories, 8g fat (2g saturated), 47g carbohydrate

#### + RUNNER BEAN KNOW-HOW

Also known as string beans, runner beans are stronger in flavour and coarser in texture than green beans. Look for ones that are firm with green skins (no brown spots). Fresh beans will be crisp and snap easily – and will look juicy inside. Keep in a paper bag at the bottom of the fridge for a few days. Before cooking, top and tail them and pull away any strings. Steam and add them to rice dishes, stews or soups, or toss with a little butter and serve as a side dish with a roast.

#### + GREAT FOR VEGGIES

#### Chunky country soup

Anethole, which gives fennel seeds their anise flavour, helps fight against cancer.

PREPARATION TIME: 15 MINUTES COOKING TIME: 45 MINUTES

**SERVES 6** 

500g (1lb 2oz) spring greens
3tbsp extra virgin olive oil, plus extra
for drizzling
2 onions, chopped
3 garlic cloves
2tsp fennel seeds, lightly crushed
2 celery sticks, chopped
800g can plum tomatoes
1tbsp dark muscovado sugar

3tbsp sun-dried tomato paste 400g can chickpeas, drained and rinsed 1tbsp paprika

1 litre (13/4pt) vegetable stock

Parmesan or mature Cheddar cheese, grated, to serve

**1** Separate the greens at the stems and wash thoroughly. Drain well and chop into small pieces, discarding the thick stalks.

**2** Heat the oil in a large saucepan and gently fry the onions for about 10 minutes until softened, adding the garlic and fennel seeds for the last couple of minutes.

**3** Stir in the celery, tomatoes, sugar, tomato paste, chickpeas, paprika and stock, and bring to the boil. Reduce the heat to its lowest setting, cover and cook gently for 15 minutes. Stir in the greens and cook gently for a further 20 minutes until the leaves are soft.

**4** Season to taste. Serve drizzled with the extra olive oil and sprinkled with the Parmesan or Cheddar cheese. Per serving: 191 calories, 9g fat (1g saturated), 20g carbohydrate



#### + GREAT FOR VEGGIES

#### Spicy lentil and sweet potato stew

Sweet potatoes help to regulate blood sugar, making them perfect for diabetics.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES

SERVES 4

**EASY** 

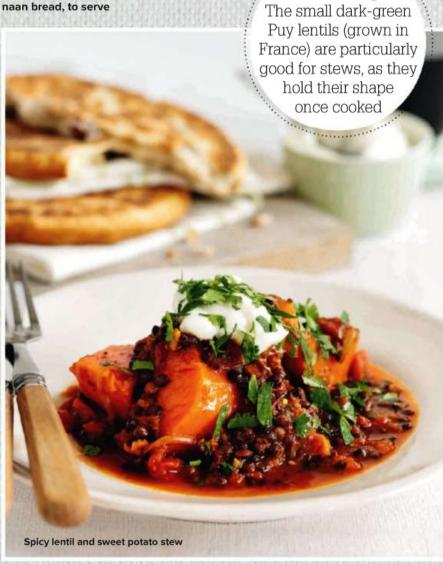
1tbsp olive oil
1 large onion, finely sliced
1 heaped tsp cumin seeds
1 heaped tsp garam masala
1kg (2lb 4oz) sweet potatoes, peeled and
cut into chunks
400g can chopped tomatoes
large pinch sugar
250ml (9fl oz) stock
250g (9oz) ready-to-eat Puy lentils
(we like Merchant Gourmet)
chopped coriander, natural yogurt and

1 Heat the oil in a large lidded sauté pan. Fry the onion gently, without colouring, for a couple of minutes. Add the spices and fry for another couple of minutes to release the flavours before adding the sweet potatoes, tomatoes, sugar, stock and some seasoning. Bring to a simmer, cover and simmer gently for about 15 to 20 minutes, until the sweet potatoes are tender when prodded with a fork.

2 Uncover the pan, add the lentils, stir to combine and cook for another 2 minutes.

combine and cook for another 2 minutes. Serve topped with the coriander and yogurt, with the naan breads on the side. Per serving: 350 calories, 4g fat (0.8g saturated), 72g carbohydrate

Cook's tip



#### Rich and saucy pork chilli

Used in everyday cooking, red onions may reduce blood clots and cholesterol levels.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 1 HOUR 30 MINUTES
SERVES 6

SERVES 6

**✓** S EASY/PREPARE AHEAD/FREEZE

3tbsp olive oil
1kg (2lb 4oz) free-range pork leg
or shoulder meat, cubed
2 red onions, chopped
1tsp ground cumin
1/4tsp smoked paprika
1/2tsp Very Lazy Red Chillies
500g jar medium-hot chilli con
carne sauce (we like Uncle Ben's)
400g can chopped tomatoes
1-2 courgettes, chopped
handful fresh coriander, roughly
chopped, to serve

1 In a casserole dish, heat 2tbsp oil and add the pork. Cook until the meat is browned all over (you may need to do this in 2 batches). Remove from the pan, add the remaining oil and the onions and cook for 5 minutes until golden. Add the spices and cook for 1 minute before returning the pork to the pan. 2 Pour in the jar of chilli sauce, then fill the jar 1/4 full with water and add to the pan along with the tomatoes. Simmer on a low heat, loosely covered for 1 hour, stirring occasionally, until the meat is tender. Add the courgettes and cook for a further 30 minutes. Add the coriander before serving. Per serving: 316 calories, 16g fat (4g saturated), 13g carbohydrate

#### + TRY THIS

You could use beef in this dish – buy chuck or braising steak – and, instead of the jar of chilli sauce and Very Lazy Chillies, add 1tsp dried chilli flakes and 2 cans of kidney beans in chilli sauce. A fabulous relaxed dinner for a crowd, serve with an onion and tomato salad, some lime wedges, rice or tortilla chips and half-fat crème fraîche.





#### Olive and caper mash

Wash potatoes thoroughly before cooking to remove excess starch for a lighter mash.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
SERVES 6

**✓ S** EASY/PREPARE AHEAD

900g (2lb) potatoes, peeled and roughly chopped 250ml (9fl oz) semi-skimmed milk 2tbsp baby capers 2tbsp black olives, stoned and chopped 2tbsp parsley, chopped

**1** Bring a pan of lightly salted water to the boil, then add the potatoes and cook until tender. Drain the potatoes and mash or rice them.

**2** Heat the milk over a low heat and whisk into the mash. Stir the capers and black olives through the mashed potatoes, adding plenty of black pepper and a little salt, and garnishing with the chopped parsley. It makes a great accompaniment to fish or lamb dishes.

Per serving: 127 calories, 2g fat (0.5g saturated), 26a carbohydrate



#### Roasted garlic mash

Daily doses of garlic may help to lower blood pressure and cholesterol levels.

PREPARATION TIME: 5 MINUTES
COOKING TIME: 20 MINUTES
SERVES 2

S EASY/PREPARE AHEAD

4-6 garlic cloves olive oil, for roasting 500g (1lb 2oz) potatoes, peeled and roughly chopped 25g (1oz) butter, melted 2tbsp half-fat crème fraîche



excess water

evaporate

- **1** Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Place the garlic cloves on a baking sheet and drizzle over the oil. Roast in the oven for 20 minutes.
- **2** After the garlic has been roasting for 5 minutes, place the potatoes in pan of cold, salted water. Bring to the boil, then simmer for around 15 minutes, until tender.
- **3** Drain the potatoes and add the butter, crème fraîche and garlic cloves which should easily slip out of their skins when squeezed. Mash together and season.

Per serving: 317 calories, 18g fat (9g saturated), 35g carbohydrate



#### Swede and carrot mash

Low in calories and high in vitamin C, swede is a delicious and nutritious vegetable.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 25 MINUTES
SERVES 6

EASY/PREPARE AHEAD

600g (1lb 5oz) swede, peeled and cut into chunks 600g (1lb 5oz) carrots, peeled and cut into chunks 25g (1oz) butter, melted freshly grated nutmeg

- 1 Cook the swede and carrots in boiling salted water for 15 to 20 minutes, until tender. Drain well, then return to the pan. Put the pan back on a low heat on the hob for 1 minute to cook off any excess moisture.
- **2** Remove from the heat, mash well and stir in the butter and nutmeg. Season with salt and pepper and serve immediately. *Per serving: 90 calories, 4g fat (2.5g saturated), 13g carbohydrate*

#### + GET AHEAD

Any mash can be reheated in the microwave, so make yours when you have extra time, up to 2 days before, and keep covered in the fridge. Then, just before serving, place the mash in a microwaveable bowl, cover with clingfilm, and cook on high for a few minutes until piping hot.



#### Celeriac and potato mash

A Harvard study found that a diet rich in potassium (celeriac) may reduce stroke risk.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6

**☑ SASY/PREPARE AHEAD** 

600g (1lb 5oz) floury potatoes, peeled and cut into chunks 1 celeriac, peeled and cut into chunks 850ml (1½pt) skimmed milk

25g (1oz) butter, melted freshly grated nutmeg

1 Put the potatoes, celeriac and milk in a pan. Season with salt and pepper, bring to the boil, then turn down the heat and simmer for 15 to 20 minutes until tender, then drain.

2 Mash with the butter and nutmeg, then serve. Per serving: 153 calories, 4g fat (2g saturated), 23g carbohydrate

#### **POTATOES**

Potatoes are naturally low in calories and fat free – it's the butter and cheese we love to add that pumps up the calories. In their skins, they are a good source of fibre. A portion of skin-in potatoes will provide more than 20 per cent of your recommended daily allowance (RDA) of potassium – essential for healthy blood pressure.

FEEL

GOOD





Little revamps takes everybody's favourite to a new level of taste sensations







# + Nuts and seeds

Little powerhouses of health benefits and an essential part of a healthy balanced diet. Here's the nutritional low-down and some great tips on how to include them in your diet. Just remember, variety is key!

#### NUT + know-how

Just five portions of nuts each week can help to cut the risk of both heart attack and cancer. They're rich in calcium, phytoestrogens and omega-3 fatty acids, which are needed for healthy brain cells, and are also concentrated sources of energy and protein. All nuts are rich in vitamin E, iron, potassium, calcium, phosphorus, magnesium and copper.

The downside: even though they contain mainly good unsaturated fatty acids, they are both high in fat and calories, so stick to five servings (equivalent to a reasonable handful per week). Here's the low-down on individual types.

- + Almonds can lower cholesterol levels

   they are also an excellent source of
  calcium for vegans.
- + Brazil nuts are a good source of the antioxidant selenium, thought to protect against cancers (especially prostate

cancer) and heart disease.

- + Walnuts are a good source of omega-3s. They are great in a vegan diet as omega-3 fatty acids are more often consumed through oily fish.
- + Chestnuts contain less than a third of the calories than other nuts, which is why they have a dry taste. They are also higher in carbohydrates but lower in protein. They contain fibre, potassium, iron, zinc and manganese.
- + Pistachios contain more potassium, which is great for maintaining healthy blood pressure, than any other nut. If you eat heavily salted pistachios though, you will lose the benefit.
- + Hazelnuts contain fibre, calcium, magnesium and vitamin E. The same nutritional benefits apply to our homegrown cobnuts or filberts.
- + Peanuts (although they are technically a legume rather than a nut) are an excellent source of manganese, which is good for healthy bones, and hormone and insulin production.



#### Seeds and nuts

To get the best in nutrition, choose

unsalted, raw nuts and seeds, and eat a handful as an occasional snack. + ADD NUTS TO YOUR COOKING Use ground almonds, instead of cream, to thicken a curry. Toasted almonds are great in rice and couscous dishes, and added to any curry or tagine. + USE TOASTED NUTS in salads, or add whole nuts at the end of cooking to roasted vegetables. + SPREAD NUT PASTES, from health shops, on oatcakes for a good snack + USING SEEDS Add sesame seeds to a stir-fry, try dry-roasted pumpkin seeds with roasted veg, especially squash. They're also a good snack food. + MILLED SEEDS MIXES (try Linwoods, from Holland & Barrett), can be stirred into porridge, soups,

yogurts and added to smoothies.

Flour can be replaced by ground almonds when baking chocolate or vanilla sponge cakes. Ideal for gluten-free diets



For more recipes that include seeds and nuts, visit www.womanandhome.com.

#### SEEDS **+** know-how

Seeds are a great source of protein and vitamin E, plus, as a bonus, have a variety of wonderful little antioxidants.

- + **Hempseeds** are a third protein. Two spoonfuls of hempseeds will give you a fifth of your RDA of iron great for vegans.
- + Pumpkin seeds contain phytoestrogens, which may ease menopausal symptoms.
- Linseeds are an excellent source of fatty acids, which are essential for healthy brain cells and may help in hormone balance. Pumpkin, sesame and sunflower seeds are also good sources rich in omega-3 oils, they contain fibre as well as anti-inflammatory properties. They also contain soluble fibre, protein and minerals, which may help to maintain a healthy colon, and phytoestrogens.
- + Sesame seeds are rich in calcium, magnesium and phosphorous, and contain sesamin, an antioxidant that seems to reduce cholesterol production.
- + Sunflower seeds are rich in calcium, thiamin, vitamin B6, folate, selenium and copper, and are the best food source of vitamin E supplying 76 per cent of the daily requirements in a single handful (around 25g).



AS BILL GRANGER SAYS, "THERE REALLY IS NOTHING BETTER THAN EATING CLASSIC GOOD FOOD WITH FAMILY AND FRIENDS," AND HIS BEEF DAUBE IS PERFECT FOR THIS. EASY TO ASSEMBLE, IT'LL HAPPILY COOK AWAY IN THE OVEN, FREEING UP TIME TO SPEND WITH **GUESTS. PLUS, ITS IRON** AND PHOSPHOROUS CONTENT HELPS TO CARRY BLOOD AROUND THE BODY AND **KEEP BONES AND** TEETH HEALTHY.

### BILL GRANGER'S

#### Beef daube with rosé

I love a wintery beef stew made with robust red wine, but I decided to try this with rosé last summer when I had a bottle of the pink stuff left over from a party. I was amazed at how well it turned out: light and zingy and lifted by the orange zest. And you don't even need to sear the meat: just throw everything in together and then serve with buttered needles dressed in the sauce.

PREPARATION TIME: 20 MINUTES COOKING TIME: 3 HOURS SERVES 6

**EASY/PREPARE AHEAD** 

2tbsp plain flour
1.5kg (3lb 6oz) beef, cut into 2.5cm
(1in) cubes
75ml (3fl oz) olive oil
1 large red onion, sliced
6 garlic cloves, crushed with the back
of a knife
400g can chopped tomatoes
3 carrots, peeled and cut into chunks
couple of thyme sprigs

peel from 1 orange, cut into strips 500ml (18fl oz) rosé wine 500ml (18fl oz) beef stock 6 anchovy fillets, chopped (optional) 100g (4oz) pitted black olives (optional) to serve

500g (1lb 2oz) tagliatelle 300g (10oz) spinach 35g (1½oz) butter

1 Heat the oven to 170 C, 140 C fan, 325 F, gas 3. Season the flour with sea salt and black pepper and use to coat the beef. Put the beef and the remaining ingredients in a large flameproof casserole dish and bring to the boil on the stovetop. Season with sea salt and pepper. Cover the surface of the stew with a piece of crumpled baking paper and then a tight-fitting lid. Bake in the oven for 3 hours, or until the meat is meltingly tender. 2 Remove the stew from the oven, take off the lid and leave while you cook the pasta in boiling salted water until al dente. Drain and return the pasta to its pan, stir in the spinach, butter and 2 ladlefuls of broth from the stew. Season and serve with the stew.



1 bay leaf

#### BILL GRANGER'S BILL'S BASICS (QUADRILLE, £25)

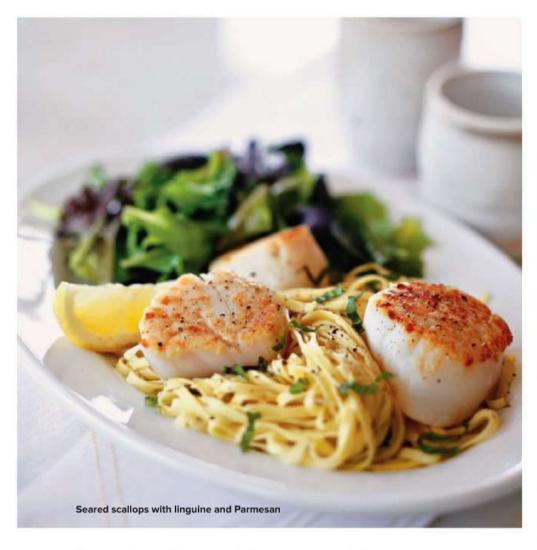
Busy lives make it difficult for home cooks to master those classic (and intricate) dishes, but with *Bill's Basics*, it's now easily achievable. The popular Aussie chef and restaurateur has taken old favourites and simplified their techniques, giving them a modern twist that best suits a 21st-century lifestyle. From Coq au vin to Tom yum soup and Black bean chilli recipes, increasing your repertoire of dishes from around the world has never been so delicious, easy or fun.



# Midweek easy

Faced with a busy week, it's tempting to simply reach for those take-away menus, only to be bitterly disappointed by the lack of freshness and healthy goodness when it arrives. Our great-tasting dishes mean there's no need to compromise on vibrant ingredients, as they don't need any cheffy know-how and are ready in no time. Even the time-poor will be more than satisfied





#### Seared scallops with linguine and Parmesan

Scallops are a good source of vitamin B12, essential for a healthy nervous system.

PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES

SERVES 4

**EASY** 

300g (10oz) fresh or dried linguine 2tbsp olive oil 4tbsp Parmesan, freshly grated 12 large scallops fresh basil, torn, to serve lemon wedges, to serve

1 Cook the pasta according to the pack instructions, then drain, reserving 2tbsp of the cooking water. Toss the pasta with half the oil and Parmesan, season well.

2 Heat the remaining oil in a non-stick frying pan. Season the scallops and cook for about a minute on each side.

3 Divide the pasta between 4 bowls, sprinkle over the basil and top with the scallops. Serve with the remaining cheese, a wedge of lemon and a green salad. Per serving: 439 calories, 12g fat (4g saturated), 58g carbohydrate

#### + Cook's tip

Make sure you buy Italian pasta (we like De Cecco) – it really makes a different to both the taste and texture

#### + SCALLOP KNOW-HOW

There are 2 main types of scallops found in the UK – the larger King (serve 3 to 4 per person for a main meal) and Queen scallops, which are small and sweet (serve 12 as a main portion). Those labelled "diver caught" tend to be the best. Scallops shouldn't take more than 5 to 6 minutes to cook, depending on the size. Fry, steam or roast them in their shell.

#### + CHERVIL KNOW-HOW

Similar in apperance to parsley, but with a finer stem and more delicate leaves, chervil has a mild aniseed flavour. Like a lot of herbs, if exposed to too much heat, chervil loses its flavour, so it is best sprinkled fresh over cooked food, or at the end of cooking. Perfect in egg dishes, it is one of the fines herbes in a classic French omelette. It's also good with fish, poultry or young vegetables.

# Chervil tagliatelle with sauce vierge

Zesty and full of vitamin C, limes add great flavour, reducing the need for salt.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 MINUTES

SERVES 4

300g (10oz) dried tagliatelle Parmesan cheese, grated, to serve (optional)

for the sauce:

4 ripe tomatoes, skinned and deseeded 50g (2oz) sun-dried tomatoes in olive oil, drained and 1tbsp oil reserved 1tsp coriander seeds, crushed 1tsp cumin seeds, crushed 15g (½oz) chervil, chopped 1 garlic clove, crushed finely grated zest 1 lime, plus 2 tbsp juice 150ml (¼pt) extra virgin olive oil

1 To make the sauce, thinly slice the fresh tomatoes and finely chop the sun-dried tomatoes. Mix all the sauce ingredients together in a bowl, including the reserved oil from the sun-dried tomatoes, season, and leave to stand until ready to serve.

2 Bring a large saucepan of water to the boil and cook the pasta until just tender. The heat from the pasta will warm the sauce, without discolouring the herbs.

4 Drain the pasta and toss with the sauce, adding Parmesan cheese, if you like. Per serving: 565 calories, 32g fat

(4g saturated), 60g carbohydrate



#### + LAMB STEAK KNOW-HOW

Sometimes referred to as gigot, leg steaks are cut from across the leg of lamb, and are great when you want a quick meal that delivers all the comforting taste of a roast – fast. Whether grilled, fried or barbecued, they are delicious when first marinated with garlic, olive oil, lemon juice and rosemary, or coated in a spicy rub. Try them sliced and stir-fried in oyster sauce.

Sweet redcurrant jelly and refreshing mint sauce create an unusual yet delicious gravy



#### Minted lamb steaks and butter bean mash

Digestion-aiding mint is a classic herb to use in lamb dishes.

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

SERVES 4

2 x 400g cans butter beans, drained and rinsed

2 garlic cloves, crushed 3tbsp olive oil, plus extra for sautéing 15g (1/2 oz) butter, plus extra for the purée 4 lamb leg steaks 6tbsp mint sauce 3tbsp redcurrant jelly 200g (7oz) green beans 2tbsp parsley, chopped

1 Whizz the butter beans with the garlic and olive oil in a blender until smooth. 2 Heat the butter and a little olive oil in a large frying pan and sauté the lamb steaks for about 8 minutes each side, or until they are cooked. Set aside and keep warm. Add the mint sauce and redcurrant jelly to the pan, then cook until rich and bubbling. 3 Cook the green beans in boiling water until tender. Put the butter-bean purée in another pan over a medium heat and add a knob of butter. Stir through the parsley and serve with the lamb steaks and beans with the sauce drizzled over. You can make the purée up to 2 days in advance - chill until ready to use. It will also freeze for up to a month.

Per serving: 578 calories, 35g fat (12g saturated), 29g carbohydrate

#### + TRY THIS

Keep a stash of canned butter beans in your storecupboard and you can conjure up inspiring dishes with seemingly very little. Fabulous as an accompaniment to a main dish (as above), or as a main meal when mixed with a can of tuna, capers, tomatoes, parsley and a vinaigrette. Or whizz in a food processor with garlic, lemon juice, cumin, coriander and olive oil for a pâté to serve with toasted pitta.



#### Fillet steak with fresh rocket

Fillet is the leanest cut of beef and its iron content will help your body fight infection.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 15 MINUTES** 

**SERVES 4** 

EASY

little olive oil, for frying 4 fillet steaks, around 150g (5oz) each 1 red onion, chopped 250g (9oz) button mushrooms, sliced 2tbsp fresh lemon juice 100g (4oz) rocket

1 Heat a large non-stick frying pan and add around 2tsp oil. Season the steaks and cook for 3 to 4 minutes each side, depending on their thickness, for medium rare. Set aside to rest.

2 Meanwhile, add a little more oil to the pan and cook the onion and mushrooms for about 5 minutes. Season them well. Toss the lemon juice and rocket together, add the mushroom mixture and serve with the steaks.

Per serving: 260 calories, 12g fat (3g saturated), 3g carbohydrate

Pile the ingredients into warmed ciabatta rolls and add a drizzle of chilli sauce for a fabulous steak samie

#### + STEAK KNOW-HOW

Fillet steak is the most tender cut of beef. It's boneless and can be stuffed, cooked as steaks or roasted whole. Cut from the rump of the animal, rump steak is a tender cut that is quick to cook, depending on the steak's thickness. Sirloin steaks are considered less tender, but very flavourful. Rib-eyes are boneless and have a good marbling of fat, making them very tasty and a steak-lover's favourite. The distinctive T-bone has 2 cuts of meat - the sirloin and fillet.



Deliciously crunchy garlic croûtons add instant flavour and interesting texture to salmon fillets

Cook's tip
Try using trout fillets
in place of the salmon
– you may need to
cook it for less time,
depending on the
thickness

Croûton-crusted salmon (recipe page 46)

#### Pumpkin and sweet potato soup

A vibrant soup that's perfect for dairy-free diets, although everyone is sure to love it!

PREPARATION TIME: 15 MINUTES **COOKING TIME: 30 MINUTES** 

**SERVES 4** 

2tbsp olive oil 1 onion, chopped 1 garlic clove, crushed 700g (1lb 9oz) pumpkin flesh (or butternut squash), chopped 2 sweet potatoes, peeled and chopped 1.2 litres (2pt) water or vegetable stock

200ml (7fl oz) soya or (cow's milk)

1 Heat the olive oil in a large pan, add the onion and garlic and cook for a few minutes to soften. Add the pumpkin and sweet potato and cook for a couple of minutes, then add the water or stock. Season with salt and freshly ground black pepper, cover and bring to the boil, then simmer for 25 minutes until the pumpkin and sweet potato are really tender. 2 Stir the soya milk into the soup and leave to cool slightly before blending it in a processor, in batches, until smooth. Return the soup to the pan and gently warm through. Pour into bowls and serve. Per serving: 179 calories, 8g fat (2.5g saturated), 24g carbohydrate

You can to stick to the dairy-free option and enjoy a creamier finish, by swirling soya cream through the soup in the bowls

#### Croûton-crusted salmon

Oily fish, such as salmon, is vital for a healthy diet and should be eaten weekly.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 20 MINUTES** 

**SERVES 4** 

EASY

100g (4oz) garlic croûtons, lightly crushed 3tbsp fresh parsley, chopped 1/2 lemon, zest only 25g (1oz) Parmesan, finely grated 25g (1oz) unsalted butter, melted 4 x 175g (6oz) salmon fillets

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Combine the garlic croûtons, parsley, lemon zest, Parmesan and butter, then season well with black pepper - you shouldn't need any extra salt as both the croûtons and cheese will be salty enough. 2 Put the salmon fillets on a heavy, oiled baking sheet and lightly press the croûton mixture on top with your hands. Roast the salmon for 15 to 20 minutes until it's cooked through and the topping is golden. Serve with new potatoes and your choice of steamed veggies. Per serving: 500 calories, 30g fat (9.5g saturated), 16g carbohydrate

#### + TRY THIS

Instead of the croûtons, you could use breadcrumbs. Change the flavours by stirring some pesto through the breadcrumbs before adding to the salmon. Or, for a taste of Asia, coat the salmon in sesame seeds and serve with some noodles and steamed pak choi. Nuts, such as almonds and walnuts, can be used as an alternative to bread - simply chop and combine with the other toppings as before.

#### Butter beans with chorizo

Look after your heart health with a dose of flavourful garlic in your food.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 35 MINUTES** 

SERVES 2 TO 3

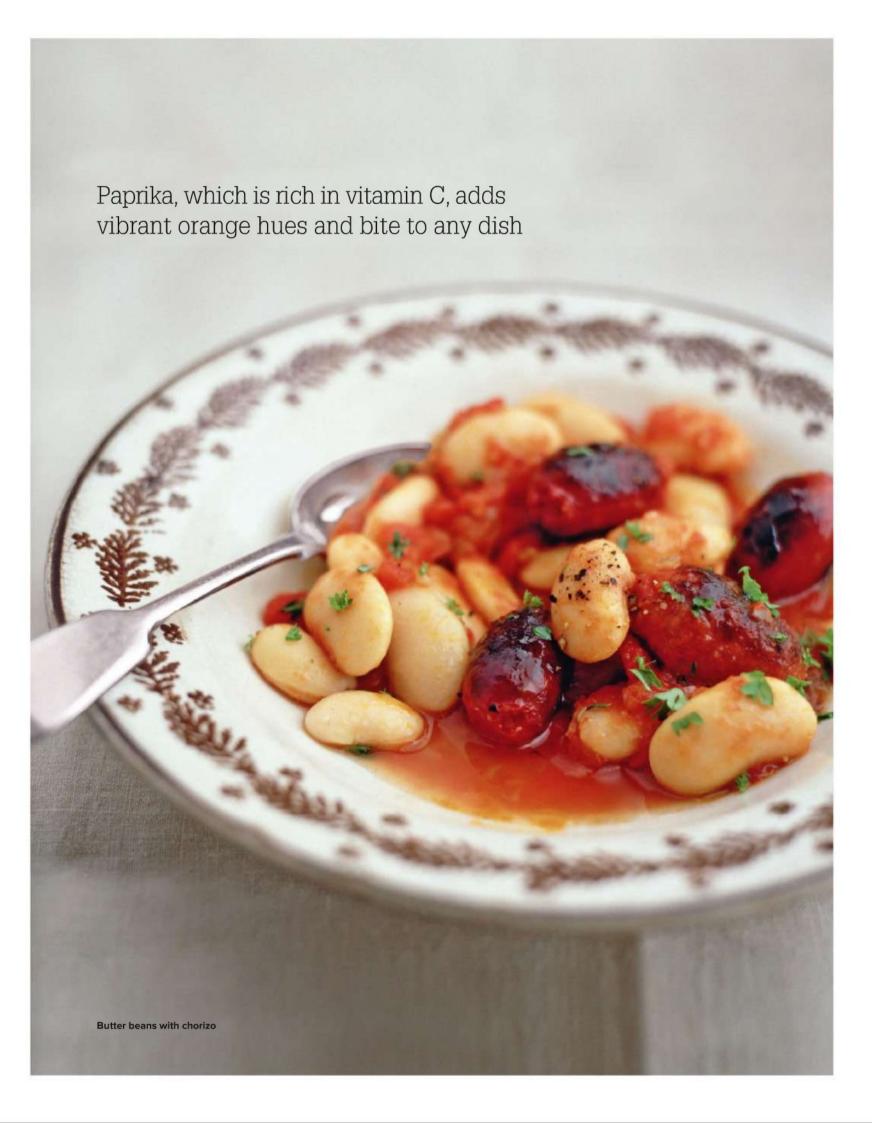
**M** EASY/PREPARE AHEAD

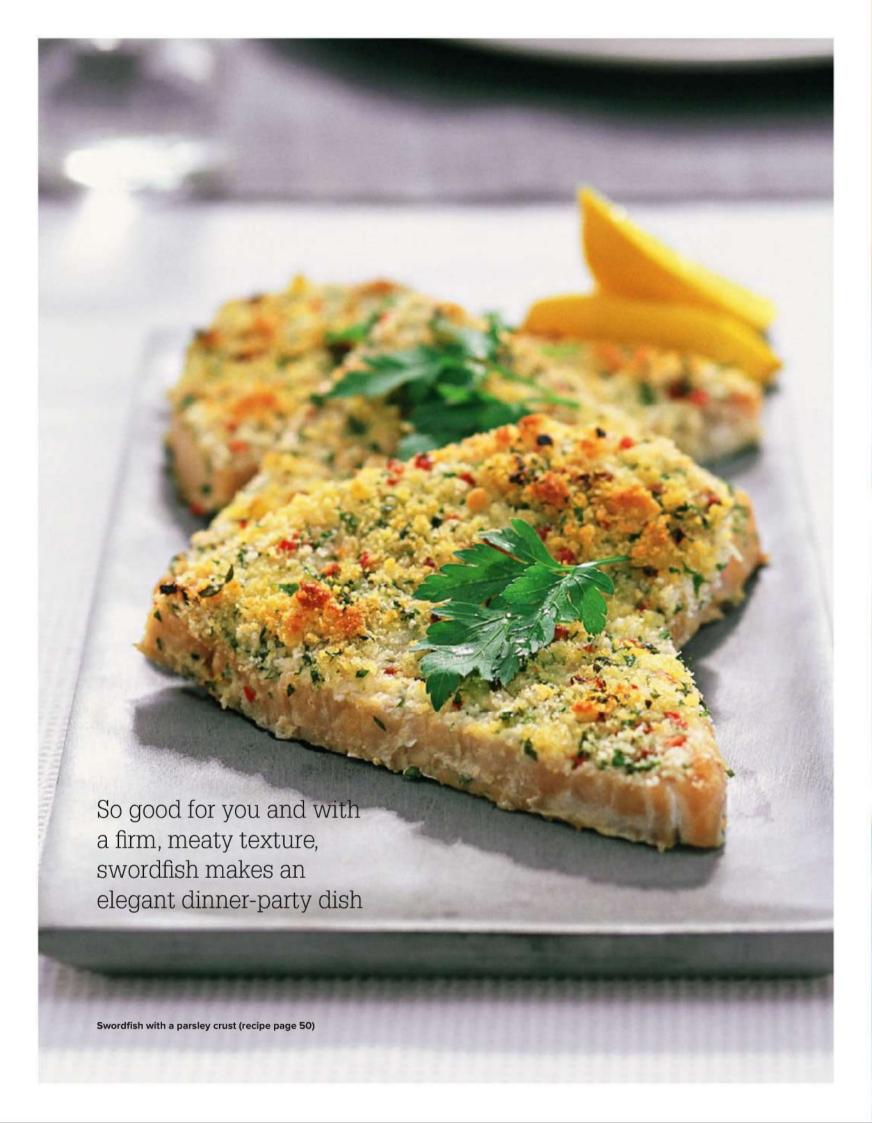
250g (9oz) cooking chorizo sausages. thickly sliced (we like Unearthed from Waitrose) 1 onion, chopped 3-4 garlic cloves, crushed 1tsp smoked or regular paprika good slug dry sherry, or white wine 227g can chopped tomatoes sprig rosemary or thyme 600g jar butter beans or 2 x 225g cans, drained and rinsed handful fresh parsley, chopped, to serve

- 1 Heat a casserole and brown the chorizo - it should release its oils. Remove from the pan, leaving 2tbsp of the oil, add the onion and garlic and cook for 5 minutes, stirring continuously.
- 2 Add the paprika and cook for 1 minute. Cover with a lid, lower the heat and cook for 5 minutes more to get the onion nice and soft. Uncover, increase the heat, add the sherry or wine and cook until it sizzles and half the liquid has evaporated.
- 3 Return the chorizo to the pan with the remaining ingredients, give it a good stir and simmer gently for 20 minutes. Sprinkle over the parsley and serve. Per serving: 600-400 calories, 30-20g fat (12-8g saturated), 41-27g carbohydrate

#### + PAPRIKA KNOW-HOW

Paprika is made by drying a particular type of sweet pepper, which is then ground to a fine powder. Hungarian paprika is reputed to be the best quality, while Spanish is available in sweet and mild or "dulce", bittersweet or "agridulce", and hot or "picante". Picante pimenton is paprika that has been smoked over a fire and adds a lovely earthy flavour to dishes.







## Smart idea

Marlin or tuna steaks can be used instead of swordfish. See martins-seafresh.co.uk or thefishsociety. co.uk

#### Swordfish with a parsley crust

If you feel like you're coming down with a cold, eat more decongesting chillies.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 20 MINUTES** 

**SERVES 4** 

EASY

4 x 150g (5oz) swordfish steaks 50g (2oz) fresh white breadcrumbs 2tbsp Parmesan, grated 1/2 red chilli, deseeded and chopped 2-3tbsp flat-leaf parsley, chopped, plus a few leaves reserved for garnish lemon wedges, to serve

- 1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Lightly oil the base of a non-stick baking sheet and lay the swordfish steaks
- 2 Mix together the breadcrumbs, Parmesan, chilli and parsley, and sprinkle over the swordfish. Bake in the oven for 15 to 20 minutes, depending on the thickness of the steaks. Garnish with the parsley and serve straightaway with the lemon wedges. Per serving: 240 calories, 9g fat (3g saturated), 10g carbohydrate

#### + SWORDFISH KNOW-HOW

Swordfish is a firm and meaty fish, similar in texture to tuna steaks. It stands up well to strong flavours, such as ginger, soy sauce, garlic and chilli. Try marinating the fish in a mixture of sesame oil, fresh ginger and soy sauce for at least an hour. Grill the swordfish, brushing with the extra marinade during cooking.

#### Prawn fishcakes

Prawns will boost iodine levels, which help to keep thyroids healthy.

PREPARATION TIME: 15 MINUTES,

**PLUS CHILLING** 

**COOKING TIME: 10 MINUTES** 

**SERVES 4** 

✓ SSSS EASY/PREPARE AHEAD/FREEZE

250g (9oz) peeled, cooked prawns, roughly chopped 350g (12oz) ready-made or leftover mashed potato 2 spring onions, sliced 50g (2oz) dried white breadcrumbs handful fresh dill, chopped squeeze of lemon juice 50g (2oz) sesame seeds 2tbsp sunflower oil

for the lemon mayonnaise:

juice and zest 1/2 lemon 8tbsp light mayonnaise

- 1 Add the prawns, mashed potato, spring onions, breadcrumbs and dill to a bowl. Season, add a squeeze of lemon juice, and mix thoroughly. Using oiled hands, form into 8 small patties and roll in the sesame seeds. Pop in the fridge for 15 minutes to firm up.
- 2 Meanwhile, make the mayonnaise. Mix the lemon juice and zest, and mayonnaise, and spoon into a small serving dish.
- 3 Heat the oil in a pan and cook the prawn patties in batches for 2 to 3 minutes on each side. Drain on kitchen paper. Serve with the lemon mayonnaise and some steamed broccoli. These will keep in the fridge for 2 days, or frozen for up to a month. Defrost and reheat before serving. Per serving: 380 calories, 26g fat (5g saturated), 22g carbohydrate

#### + TRY THIS

Whizz some raw, peeled prawns in a food processor with 1tbsp Thai curry paste and some coriander until it forms a rough paste. Shape into small fishcakes and fry for a couple of minutes each side until cooked through. Great with drinks, serve with a few lime wedges, a chilli dipping sauce and some extra coriander leaves scattered over.

# Rosemary skewered

Rosemary suffuses the monkfish with flavour and may ease muscle pain too.

PREPARATION TIME: 20 MINUTES

**COOKING TIME: 1 HOUR** 

SERVES 4

Mail Easy/Prepare Ahead

8 long stems of fresh rosemary 700g (1lb 9oz) fresh monkfish fillets, cut into chunks 2tbsp olive oil iuice 1/2 lemon

for the peppers:

3 small onions, roughly chopped 3tbsp olive oil knob of butter 2 each red, yellow and orange peppers, cored, deseeded and sliced 1 small dried chilli, crumbled 3 garlic cloves, roughly chopped 185g (61/2 oz) mixed olives

- 1 Remove the lower leaves from the rosemary stems and skewer the fish with the rosemary, about 3 pieces per sprig. Place the kebabs in a dish, season with salt and pepper and drizzle with the olive oil and lemon juice, making sure that each kebab is coated with the mixture. Cover and pop in the fridge.
- 2 Meanwhile, make the peppers. In a heavy-based pan, fry the onions in the olive oil and butter until translucent. Add the peppers, chilli, garlic and olives and cook for about an hour, stirring from time to time. 3 About 15 minutes before serving, place the fish on a wire rack under a hot grill. Turn regularly so that all sides get slightly browned - this should take 10 to 15 minutes. Serve on top of the peppers. Per serving: 380 calories, 24g fat

#### + RECIPE KNOW-HOW

(5g saturated), 12g carbohydrate

If lemon juice is left for too long on fish, it will start to "cook" it - so only marinate the monkfish for the stated period of time.

Eating fish is an important part of a healthy diet

– and delicious monkfish fillets, with a sweetness
that's compared to lobster, make a real treat



Elegant in its simplicity, this is sure to impress, especially as it's low in fat too

#### + PASTA KNOW-HOW

There are hundreds of different shapes but the general rule is that thin pasta, such as spaghetti, suits tomato, light or seafood sauces, while chunky, meaty sauces are best with thicker varieties such as tagliatelle or tubular penne. Vermicelli is good in thin soups, while more robust soups, such as minestrone, work with macaroni. Spinach, beetroot or even squid ink can be used to flavour pasta – it takes on the colour of these ingredients and looks really striking served on a white plate.



Smart idea
Up your five-a-day intake by griddling some asparagus spears and adding to the pasta with the courgettes

# Spaghetti with griddled courgettes, cherry tomatoes and prawns

Build up energy stores with tasty pasta, which provides slow-release starches.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

SERVES 4

EASY

300g (10oz) spaghetti 2 courgettes, cut lengthways into strips 1tbsp olive oil, plus extra to drizzle handful cherry tomatoes, quartered 200g (7oz) cooked king prawns

- 1 Cook the pasta in a large pan of salted water according to the pack instructions. While it's cooking, heat a griddle pan, toss the courgette strips in the oil and, when hot, griddle for a minute on each side, until they are soft.
- **2** When the pasta is cooked, drain and toss with the cherry tomatoes, prawns, courgette strips and an extra drizzle of oil. The heat from the pasta should warm the prawns up. Serve with a grinding of black pepper and a sprinkling of sea salt. Per serving: 374 calories, 8g fat (1g saturated), 58g carbohydrate

#### + TRY THIS

Heat a little olive oil in a pan and fry some chopped shallots and chilli, and crushed garlic, then add fresh clams or mussels. Fry for 1 minute, then add some chopped tomatoes, a glass of white wine and the juice of 1 lemon. Bring to the boil then toss with some cooked spaghetti or linguine and sprinkle with chopped parsley before serving.



#### + GREAT FOR VEGGIES

#### Aubergine and goats' cheese sandwich

Goats' cheese is believed to have higher levels of calcium than cow's milk cheese.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 15 MINUTES

**SERVES 2** 

EASY

2 large aubergines, cut into 8 thick slices

2tsp olive oil

1 large red pepper

4 slices ciabatta bread

2tbsp pesto

handful wild rocket leaves

50g (2oz) soft goats' cheese

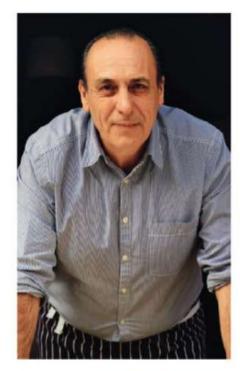
**1** Heat the grill to medium. Arrange the aubergine slices in a single layer on a foil-lined baking sheet. Brush both sides with half the oil.

**2** Cut the pepper in half lengthways and discard the seeds and membrane. Arrange the pepper halves, skin side up, on a baking sheet with the aubergine. Grill for 5 minutes, then turn the aubergines and grill for a further 4 to 5 minutes. Set the

aubergine aside then grill the pepper for a further 5 minutes or until blackened. Place in a bowl and cover with clingfilm until cool, then peel off the skin.

**3** Toast the bread. Divide the pesto between 2 slices of toast. Layer up each sandwich, pesto side up, with 2 aubergine slices, the pepper and the remaining aubergine. Toss the rocket with remaining oil and season, then divide between the sandwiches. Spread the goats' cheese on the remaining toasts then top each sandwich with them. Serve immediately. Per serving: 373 calories, 20g fat (6g saturated), 37g carbohydrate

Use ready-grilled aubergines and peppers from a jar and substitute goats' cheese with ricotta



ONE OF THE COUNTRY'S FAVOURITE ITALIAN CHEFS, GENNARO CONTALDO IS ALSO THE MAN WHO TAUGHT JAMIE **OLIVER A THING OR TWO** ABOUT ITALIAN COOKING. **DESCRIBING HIS FOOD** AS HAVING NO GIMMICKS AND BEING "SIMPLE AND STRAIGHTFORWARD", HIS **MEATBALLS WITH TOMATO** SAUCE IS A TRADITIONAL COMFORTING MEAL, PLUS, THE ANTIOXIDANTS FOUND IN THE TOMATOES ARE THOUGHT TO LOWER RISK OF HEART DISEASE AND STROKE, AS WELL AS HELPING TO REGULATE BLOOD PRESSURE.

When you make a classic sauce, such as tomato, it's worth making extra to freeze and use later. We always have some at home for quick meals or unexpected guests

#### GENNARO CONTALDO'S

Polpettine di carne (meatballs)

Meatballs are comfort food to me whether they are plain or served in a tomato sauce with pasta. I remember as a child, the meatballs never made it into the sauce because we children would steal them as they came out of the frying pan. Once you had eaten one, you just had to carry on, they were so tasty!

PREPARATION TIME: 20 MINUTES
COOKING TIME: 30 MINUTES
SERVES 4 (MAKES ABOUT 20)

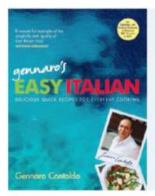
EASY/PREPARE AHEAD/FREEZE

250g (9oz) minced beef
250g (9oz) minced pork
100g (4oz) stale bread, crusts removed
and softened in a couple of tablespoons
of milk, then drained
½ garlic clove, finely chopped
1tbsp parsley, finely chopped
1 free-range egg
40g (1½oz) Parmesan cheese, grated
plain flour, for dusting
oil, if you are frying

#### for the tomato sauce:

4tbsp olive oil
2 garlic cloves, finely chopped,
or ½ medium onion, finely chopped
2 x 410g cans plum tomatoes, chopped
handful of fresh basil, finely chopped

- 1 Combine the minced meats, softened bread, garlic and parsley. Stir in the egg, Parmesan, some salt and pepper and mix well together. Shape the meat into small balls, approximately the size of walnuts. Dust them in flour and set aside.
- **2** You can now either fry or bake them. To fry, heat the oil in a pan and fry the meatballs until golden. Drain on kitchen paper before serving. To bake, heat the oven to 200 C, 180 C fan, 400 F, gas 6 and cook the meatballs for about 20 minutes until golden.
- **3** To make the tomato sauce, heat the olive oil in a large frying pan and sweat the garlic or onion over a medium heat. Add the tomatoes and basil, season with salt and pepper, and simmer for 25 minutes. Remove from the heat and use immediately, or leave to cool and place in the fridge or freezer for later use.



#### GENNARO'S EASY ITALIAN (HEADLINE, £20)

Bring an authentic taste of Italy to your table with all the flavour and none of the hassle with Gennaro Contaldo's new book, *Easy Italian*. "Sometimes you are hungry and want a delicious, nutritious meal in no time at all. And that's what you'll find here," says the master of Italian cuisine. Featuring more than 100 recipes for all occasions, whether you're cooking dinner for your kids, entertaining friends or looking for inspiration to use leftovers in a creative way.





Smart idea

Wash, dry and bruise

some rosemary. Place

in a clean bottle, cover

with warm oil and

keep in the fridge

for 2 weeks

# + Essential oils

Let's decipher the confusing health messages about all the different oils you can buy, and find great ways to use them in your cooking

When planning a healthy diet, it's important to remember that any oil contains exactly the same calories per gram as butter. The difference is that the majority of oils contain "good" (unsaturated) fat rather than "bad" (saturated) fat.

Oils also have other health qualities, but don't be confused into thinking you can glug them over your supper to your heart's content! Everything in moderation, as they say... One tablespoon of oil contains around 160 calories!

#### So which oils do what, and how can you incorporate them into your diet?

All plant oils, apart from coconut and palm oils (see "Did you know?"), are good sources of vitamin E, which is thought to help protect against certain cancers, as well as stroke and heart disease. It also helps to maintain healthy skin.

Although plant oils supply essential fatty acids, different oils contain different ratios of these, which we'll explain below. Oils also increase the body's absorption of the fat-soluble vitamins A, D, E and K.

#### COOKING + which is best?

- + The best all-round oils for cooking are olive oil (not extra virgin, which is expensive and will lose its flavour during cooking), sunflower oil and rapeseed oil.
- + If you're **deep-frying**, you might like to try groundnut oil - its high smoke point makes it perfect for the job. Like all nut oils though, it will go rancid more quickly than other oils, so change it regularly.
- + If you don't use nut oils very often, it's worth keeping them in the fridge to keep them fresh. As with all oils, their texture will become more solid when cold
- so don't be alarmed by the look of it. Try sesame oil
- for dressings, and for drizzling over finished dishes. If shelling out for an expensive extra-virgin olive oil, make sure that you taste it first, as they can vary quite dramatically. Some will be very strongly olivey, whereas others can be much more mellow. It really comes down to preference, but it's worth having a couple on hand for different dishes. A generous drizzle of really good olive oil over a fish or pasta dish can work as well as any sauce, and it looks beautiful swirled on top of a soup as a simple but chic garnish.
- + The slightly more unusual oils that are gaining more prominence in health food stores, such as flaxseed and linseed, are good added to your morning smoothie, included in a soup, or drizzled over to add extra flavour to food.

drizzled over a stir-fry, and walnut oil splashed on to a salad. + The expensive extra virgin oils, whether olive or rapeseed, should be kept

## FATTY ACID + know-how

- + Monounsaturated fatty acids are believed to help lower blood cholesterol levels. Olive oil, rapeseed and avocado oils are all good sources.
- + Polyunsaturated fatty acids are important in the diet as they include the fatty acids that your body cannot manufacture, which are needed for growth, development and blood clotting. Sunflower, groundnut and soya oils are good sources.

#### THERE ARE TWO TYPES OF FATTY ACIDS

+ Omega-6, which is needed by all the cells in the body and helps to control all sorts of functions, such as blood flow and inflammation. Any deficiency can lead to skin problems, blood clots and an impaired immune system. You need a daily intake of around 4g - equivalent to a handful of almonds.

Sources of omega-6: olive oil, sunflower oil, peanut oil.

+ Omega-3 fatty acids are needed in smaller amounts, around 2g per day, equivalent to 1tsp rapeseed oil. These have been shown to help in treating psoriasis, arthritis and heart disease, and they can also reduce inflammation and blood clots.

Sources of omega-6: flaxseed oil, rapeseed oil, linseed oil, soya bean oil, nut oils.





For more healthy eating ideas and recipes, visit www.womanandhome.com.

# Meat-free cooking

It's not only vegetarians who want to enjoy some meatless dining; who doesn't want options that are lighter and quicker? Our selection is so flavourful, delicious, and versatile – suitable for everything from upmarket brunch get-togethers to dinner-party wow – even the most dubious family members won't feel like they're missing out



#### Carrot, butternut squash and coriander soup

Rich in beta-carotene, which counteracts dry skin and wards off wrinkles.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 30 MINUTES SERVES 6** 

EASY/PREPARE AHEAD/FREEZE

2tbsp sunflower oil 2 onions, peeled and finely chopped 5cm (2in) piece root ginger, peeled and chopped

2 garlic cloves, chopped 2tsp ground cumin 500g (1lb 2oz) carrots, peeled and chopped

1 medium butternut squash, peeled, deseeded and cut into 2.5cm (1in) cubes 1.5 litres (23/4pt) vegetable stock

1 Heat the oil in a large saucepan, add the onions, ginger and garlic and sweat for 5 minutes, until soft but not coloured.

2 Add the ground cumin and cook for a minute, then add the carrots, butternut squash and vegetable stock. Bring to a boil, reduce to an enthusiastic simmer and cook for 20 to 25 minutes until the vegetables are soft.

3 Purée the soup in an electric blender until smooth, stir in most of the coriander and serve in warmed bowls with a spoonful of vogurt, and the reserved coriander sprinkled on top. Per serving: 144 calories, 1g fat (0.3g saturated), 19g carbohydrate



#### Cauliflower gratin

Cauliflower's sulphurous compounds may help to protect against cancers.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 30 MINUTES** 

**SERVES 6** 

EASY/PREPARE AHEAD

1 large cauliflower, broken into florets 1 medium free-range egg, plus 2 free-range egg yolks 1tsp cumin seeds, crushed 200g can chopped tomatoes, drained 300ml (1/2pt) reduced-fat double cream 150ml (1/4pt) semi-skimmed milk 1tbsp thyme, chopped 150g (5oz) mature goats' cheese, grated 75g (3oz) mature Cheddar cheese, finely grated 40g (11/2 oz) breadcrumbs

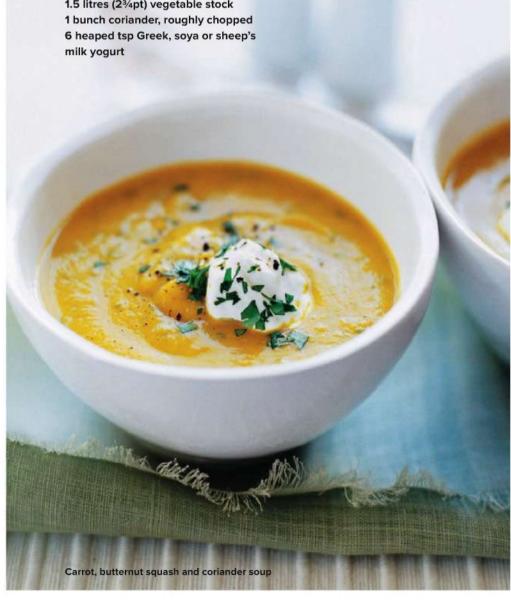
1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Bring a large saucepan of salted water to the boil. Blanch the cauliflower florets in the water for 5 to 10 minutes until just tender. Drain well and turn into a shallow, ovenproof dish.

2 In a bowl, beat together the egg and egg yolks with a little seasoning. In an ovenproof dish, mix together the cauliflower, cumin and tomatoes. Whisk the cream, milk and thyme into the eggs, then pour over the cauliflower. Scatter over the goats' cheese, then half the Cheddar, followed by the breadcrumbs and then the remaining Cheddar.

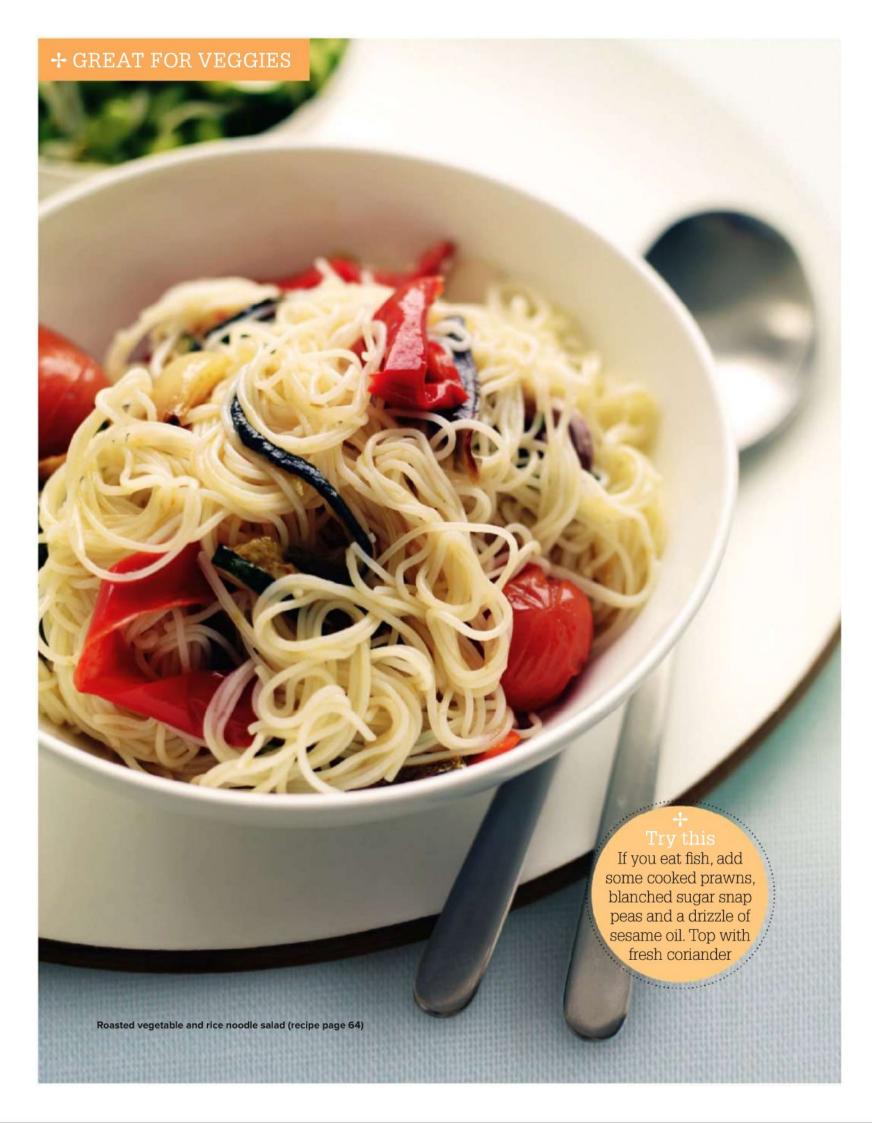
3 Bake for 45 minutes until the top is crisp and golden. If necessary, pop the gratin under the grill to give it a crispy finish. Per serving: 360 calories, 27g fat (18g saturated), 12g carbohydrate

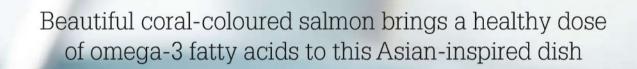
#### + GET AHEAD

You can make this dish then leave it in the fridge overnight. Bring back to room temperature before baking as above.











Sesame soy salmon (recipe page 64)

Turn up the heat with a kick of wasabi – no chillies required! Similar to horseradish, it perks up Asian-style dishes and gives mashed potatoes and mayo for sandwiches a gorgeous bite

#### Sesame soy salmon

Miso soup's antioxidants may protect from free radicals that cause signs of ageing.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING

**COOKING TIME: 15 MINUTES** 

**SERVES 8** 

**EASY/PREPARE AHEAD** 

15g sachet miso paste (we used Clearspring Miso Instant Soup Paste) 3tbsp mirin 3tbsp dry sherry 2tsp soy sauce 1/8 tsp wasabi powder 500g (1lb 2oz) skinless salmon fillet (ask your fishmonger for a quarter of a whole salmon, filleted, skinned and cut in half lengthways) 50g (2oz) sesame seeds

#### you will need:

baking tray lined with baking parchment or a non-stick baking sheet

- **1** Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Mix together the miso paste, mirin, sherry, soy sauce and wasabi powder in a shallow dish. Pour half the mixture into a small serving bowl and cover until needed.
- **2** Put the trimmed salmon fillet into the remaining soy marinade, turn and leave for 30 minutes, if you have time, for the flavours to mingle.
- **3** Spread the sesame seeds out on to a large, flat tray. Place the salmon fillet on top, to create a crust on it.
- **4** Put the salmon on to the prepared baking tray and bake for 15 minutes, or until the fish is tender and the sesame seeds are becoming golden. Serve the sherry and soy sauce on the side with an edamame bean salad.

Per serving: 170 calories, 11g fat (2g saturated), 1g carbohydrate

# Roasted vegetable and rice noodle salad

Real fast food, rice noodles are fat free and also wheat and gluten free.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES

**SERVES 8** 

BY SHE EAG

💹 📖 EASY/PREPARE AHEAD

3 red peppers, deseeded and sliced
350g (12oz) courgettes, cut into sticks
2 red onions, cut into wedges
2 garlic cloves, sliced
2tbsp olive oil
200g (7oz) cherry tomatoes
200g (7oz) rice noodles
3tbsp sweet chilli sauce
2tbsp rice vinegar
2tbsp fresh coriander leaves, chopped
you will need:

large roasting tin

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the peppers, courgettes, onions and garlic into a roasting tin. Pour over the oil and roast for 20 minutes, then turn the vegetables and add the tomatoes. Cook for a further 10 minutes, until the vegetables are tender and starting to char. 2 Put the noodles into a large bowl, cover with boiling water and leave for 5 minutes. Drain away the water and return to a bowl. Pour over the chilli sauce and rice vinegar, and season. Add the roasted vegetables and fresh coriander. Toss together. Cover the mixture and chill until needed. Per serving; 168 calories, 4g fat (0.5g saturated), 31g carbohydrate

#### + GET AHEAD

This is a great dish for a packed lunch. It will keep overnight in the fridge; just add the coriander a few hours before.

## Five-minute tuna and avocado salad

Avocados are the best fruit source of vitamin E, which maintains overall health.

PREPARATION TIME: 5 MINUTES

**SERVES 4** 

**EASY** 

350g (12oz) tuna (we like Charles Basset tuna in extra virgin olive oil or albacore tuna in a jar, from most supermarkets)
2 avocados, peeled and sliced
300g (10oz) cherry tomatoes, halved
½ large cucumber, peeled, deseeded and thinly sliced
100g (4oz) salad leaves
red wine vinegar and olive oil, to drizzle

Mix all the ingredients together, divide between 4 bowls and drizzle with the vinegar and oil. Serve with crusty bread. Per serving (tuna in brine): 299 calories, 21g fat (4g saturated), 5g carbohydrate Per serving (tuna in oil): 331 calories, 23g fat (5g saturated), 5g carbohydrate Per serving (raw tuna): 332 calories, 25g fat (5g saturated), 5g carbohydrate

#### + TUNA KNOW-HOW

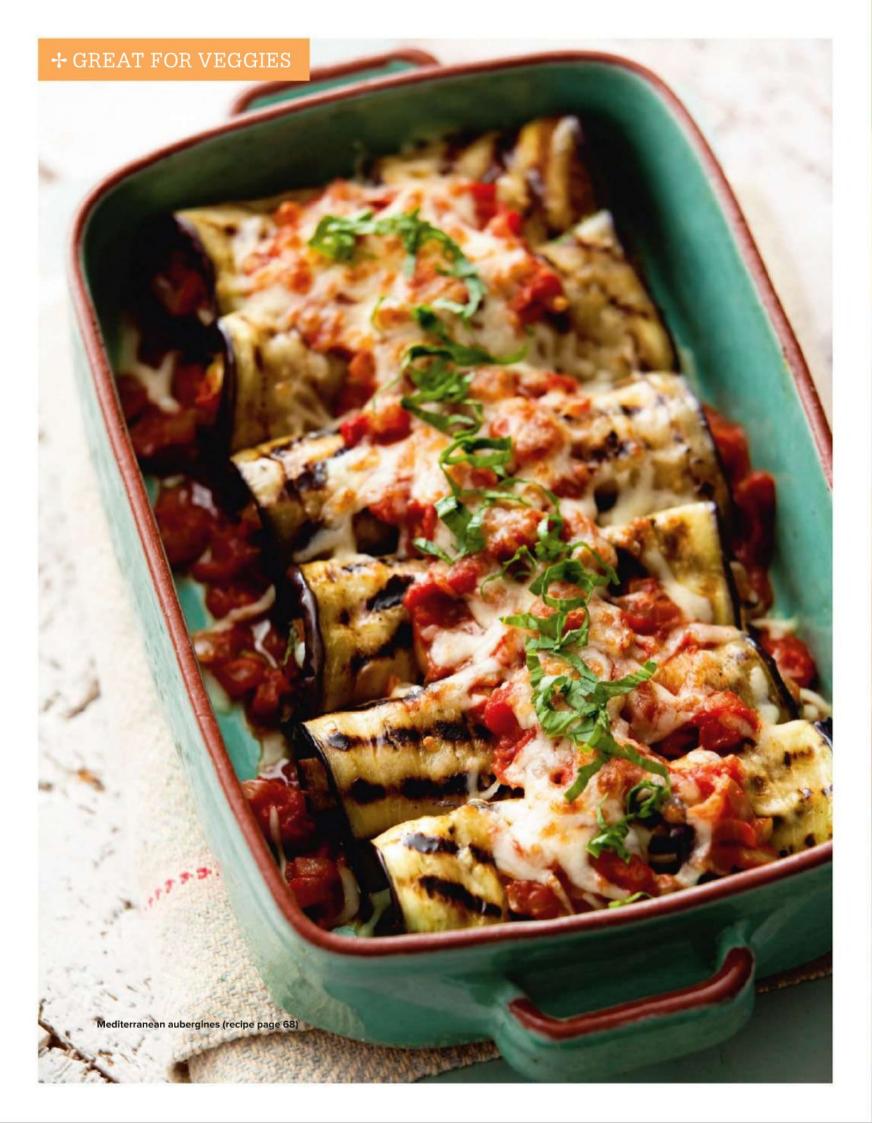
Tuna, a member of the mackerel family, is an oily fish. The high oil content gives it its strong flavour and is also responsible for it going off very quickly. When buying it, make sure that it has a firm texture and dense red flesh. Among the best varieties of tuna are bluefin, yellowfin and albacore. Always buy fresh tuna that's Marine Stewardship Council (MSC) certified and, when buying tinned, look for ones marked "dolphin friendly", which means they are line, not net, caught.

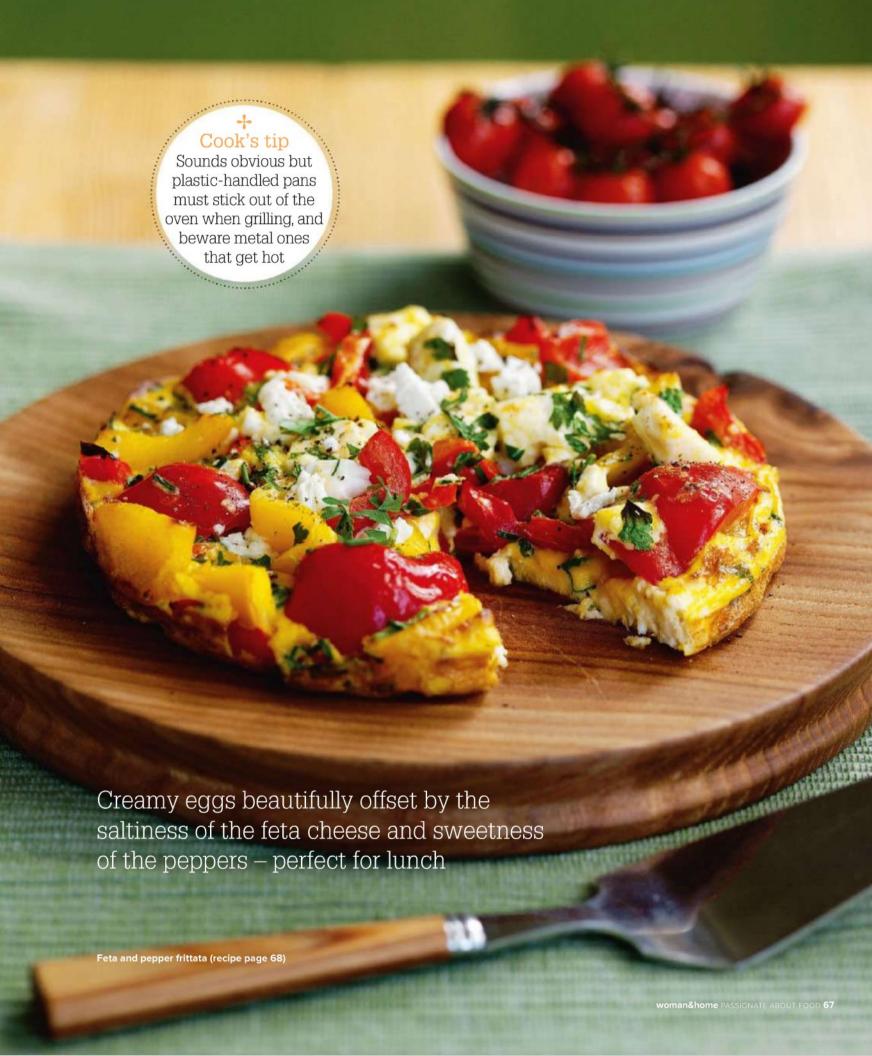
# + AVOCADO KNOW-HOW The green and buttery flesh of avocados is a versatile ingredient – try it added to salads, mashed with lime juice, chillies and

The green and buttery flesh of avocados is a versatile ingredient – try it added to salads, mashed with lime juice, chillies and coriander for a guacamole to serve with tortilla chips, or partnered with cooked prawns for a retro starter. However, once cut, the flesh will discolour, so prepare it just before serving and drench with lemon juice.

Ouick and delicious, this salad is rich in omega-3 fatty acids thanks to the tuna







Sweet and buttery pine nuts are a wonderful addition to any dish – raw they add soft texture to salads, toasted their flavour is really intensified and they add extra, delicious crunch to pasta

#### Feta and pepper frittata

Peppers are rich in vitamin C, which is necessary for healthy skin and bones.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

**SERVES 4** 

Mail Easy/Prepare Ahead

1tbsp olive oil
2 red peppers, cut into chunks
2 yellow peppers, cut into chunks
200g pack feta, cubed
4 free-range eggs, beaten
4tbsp half-fat crème fraîche
1tbsp chives, chopped
2tbsp parsley, chopped, plus extra

- 1 Heat the oil in a large, non-stick frying pan, add the peppers and cook over a medium heat for 15 minutes until softened and lightly coloured. Scatter over most of the feta, reserving a few cubes.
- 2 Combine the eggs, crème fraîche and herbs, and season. Pour over the pepper mixture, reduce the heat and cook for 15 to 20 minutes until just set. Cook the top under a pre-heated grill for 5 minutes, until just golden. Cut into wedges, sprinkle over the extra feta and parsley and serve with a baby tomato salad.

Per serving: 309 calories, 22g fat (11g saturated), 11g carbohydrate

#### + FETA KNOW-HOW

Usually made with sheep and goats' milk, feta baked in foil with a drizzle of olive oil, some garlic and chilli is a delicious starter. The salty cheese goes particularly well in a salad with fresh mint, or try it mashed with a reduced-fat Greek yogurt and spread on wholewheat bread. Push a chunk into home-made lamb burgers for a tasty and unexpected surprise.

# Mediterranean aubergines

Aubergines are thought to be effective in lowering cholesterol levels.

PREPARATION TIME: 20 MINUTES COOKING TIME: 45 MINUTES

**SERVES 4** 

Maria Easy/Prepare Ahead

1 onion, peeled and chopped
3tbsp olive oil
1-2 garlic cloves
400g can chopped tomatoes
1tbsp tomato ketchup
2 good-sized aubergines
50g (2oz) pitted olives, drained
and chopped
50g (2oz) mozzarella, grated
around 10 basil leaves, chopped
you'll also need:

shallow ovenproof dish

- **1** Fry the onion for a few minutes in 1tbsp of the oil, then add the garlic and cook for 5 minutes. Stir in the tomatoes and ketchup and simmer, uncovered, for 10 to 15 minutes until thickened. Season.
- **2** Cut each aubergine into 8 thin slices lengthways. Pick out the largest 12 slices; brush these on both sides with oil, and griddle or grill in batches until browned. Set aside on a baking sheet.
- **3** Griddle or grill the remaining slices, then chop and place in a bowl. Add 4tbsp tomato sauce and the olives, and mix well.
- **4** Spoon just over half of the remaining tomato sauce into a dish. Heat the oven to 200 C, 180 C fan, 400 F, gas 6.
- **5** Lay the aubergine slices on a board and divide the filling between them. Sprinkle with half of the cheese and half of the basil leaves. Roll each slice up. Pack them in the dish, seam-side down. Spoon over the rest of the tomato sauce and sprinkle with the cheese. Bake for 20 minutes. Sprinkle with the remaining basil before serving. Per serving: 170 calories, 13g fat (3.5g saturated), 8g carbohydrate

# Tomato, black olive and caper spaghetti

Known for its antibacterial properties, oregano adds great flavour to pasta.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

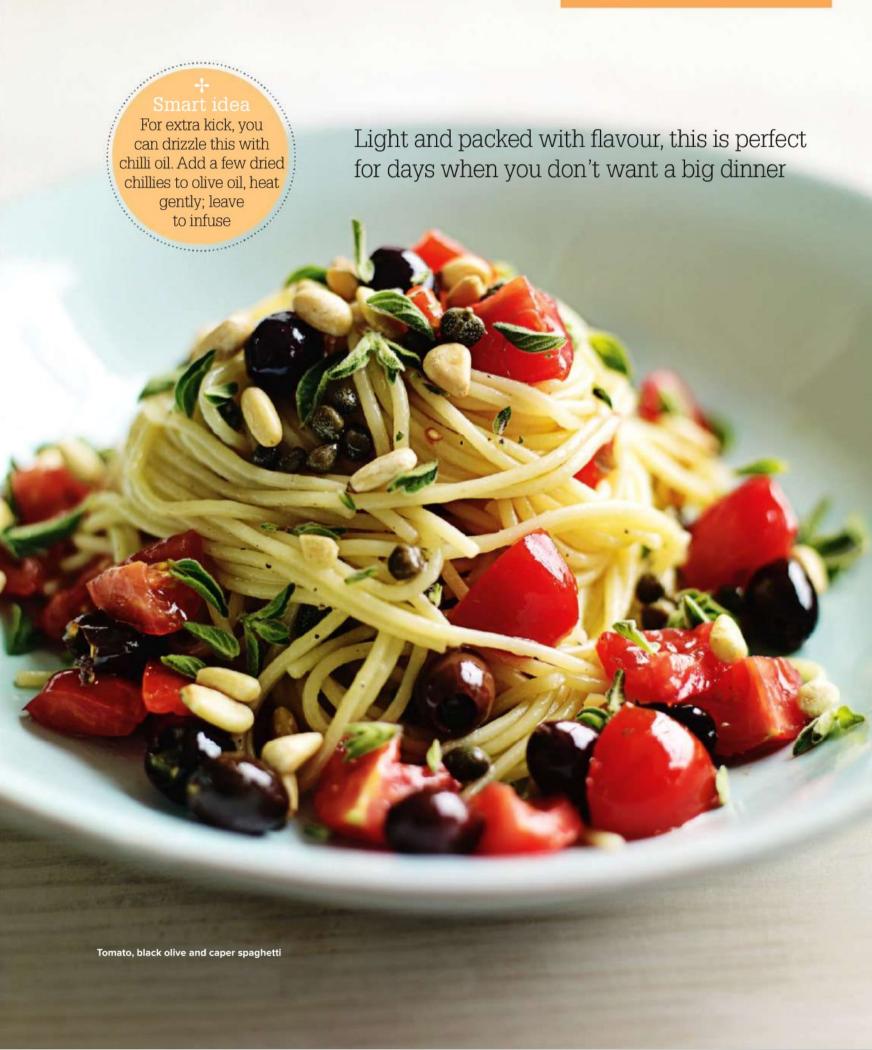
SERVES 4

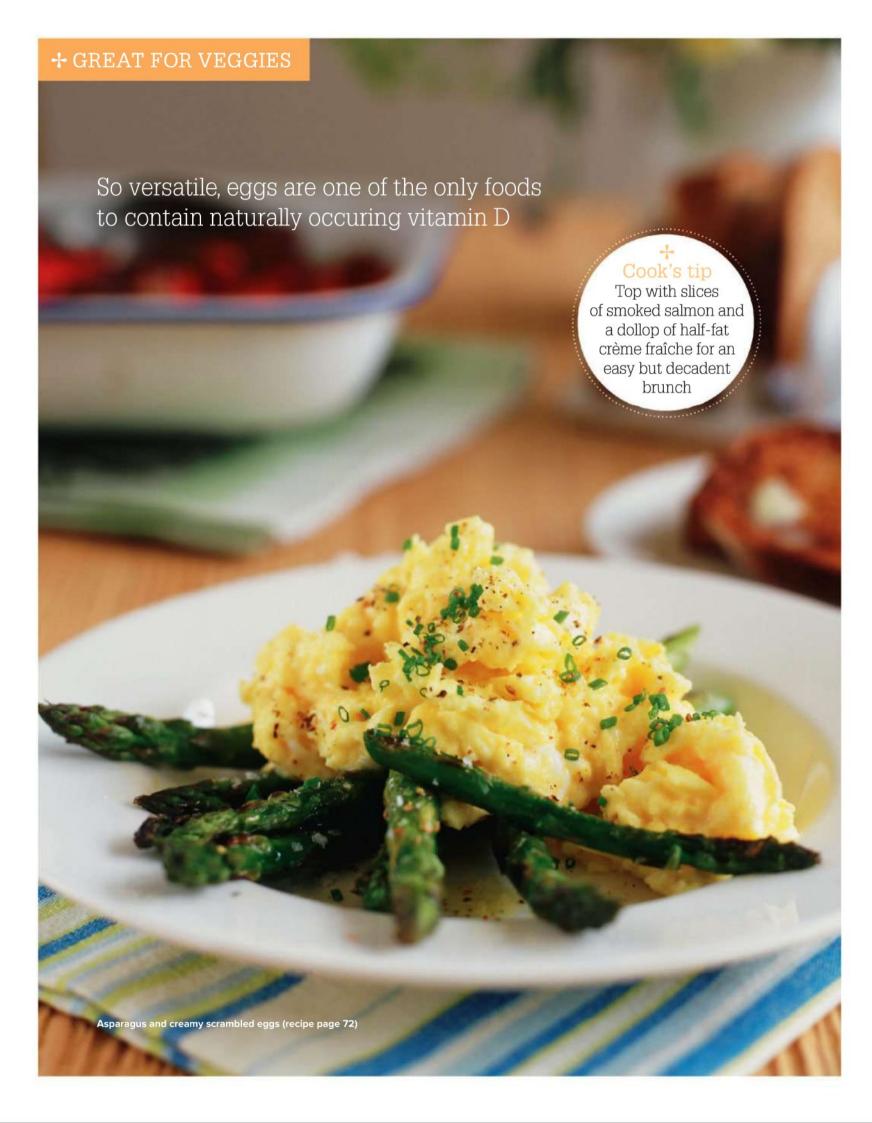
400g (14oz) good-quality spaghetti (we like De Cecco or Barilla) 200g (7oz) cherry tomatoes, quartered large handful pitted black olives 4tbsp pine nuts, toasted 2tbsp capers, drained and rinsed oregano leaves, to garnish olive oil, to drizzle

Cook the spaghetti according to the pack instructions. Drain and toss with all the other ingredients, then divide between 4 plates and drizzle liberally with olive oil. Per serving: 473 calories, 14g fat (1.5g saturated), 76g carbohydrate

#### + OLIVE KNOW-HOW

Cultivated in the Mediterranean for thousands of years, olives are mainly green or black, although they can be any shade in-between. The colour does not reflect their variety, but when in the ripening process they were picked. Green varieties tend to be sharper in taste and have a plump, firm texture. Black ones have been left to ripen for longer, so their oil content is higher, making them softer with a milder taste. Add to pastas, stews or pizzas, use to make a tapenade, or serve stuffed ones with drinks.







Scrambled eggs are a perfect start to the morning, and paired with asparagus for a decadent makeover, it's a great brunch or light lunch

# Asparagus and creamy scrambled eggs

High levels of folate in asparagus help to make red blood cells to avoid anaemia.

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

SERVES 8

2 bunches asparagus, trimmed 1tbsp olive oil 25g (1oz) butter 10 free-range eggs, lightly beaten 100ml (4fl oz) half-fat crème fraîche chives, chopped, to serve

- 1 Heat a griddle pan or frying pan over a medium heat. Coat the asparagus with the olive oil, season well and griddle in a single layer (you may need to do this in batches), turning until they're slightly charred on all sides.
- **2** Melt the butter in a shallow pan, add the eggs and crème fraîche and cook very slowly, using a spatula to gently swirl and turn the eggs until they are cooked to your liking. Serve with the asparagus and a few chives sprinkled over.

Per serving: 174 calories, 14g fat (5g saturated), 1g carbohydrate

# .....

#### EGG KNOW-HOW

Whether you choose hen's, quail's or duck eggs, eating them will increase your protein intake and keep you feeling fuller for longer, without piling on calories – 1 egg contains less than 80. A source of vitamins A, D and B12, eggs help maintain the immune system, nervous system, teeth and bones. Contrary to popular belief, there is no recommended limit of how many eggs you can eat as part of a healthy, balanced diet.

# Courgette and goats' cheese tortilla

Eggs are a good source of vitamin B12 – essential for the nervous system.

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

**SERVES 6** 

MISSI EASY/PREPARE AHEAD

35g (11/4oz) butter
1 onion, peeled and finely sliced
2 garlic cloves, crushed
2 large courgettes, thinly sliced
juice 1 lemon
200g (7oz) new potatoes, cooked
and sliced
100g (4oz) goats' cheese, broken
into chunks
4 spring onions, sliced
7 free-range eggs, beaten

vou will also need:

25-30cm (93/4-113/4in) non-stick sauté pan

- **1** Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Heat the sauté pan and melt the butter. Add the onion and garlic, and fry gently until softened. Add the courgettes and lemon juice, turn up the heat and fry for another couple of minutes. Add the potatoes, toss everything together, then top with the goats' cheese. Scatter over the spring onions.
- **2** Season the eggs quite heavily, then pour over the vegetables and cook on a medium heat on the hob for a couple of minutes, until the edges of the tortilla are set. Transfer to the oven and cook for another 10 minutes, until the tortilla is golden brown and has no runny egg in the middle. Serve immediately, cut into wedges, or allow to cool and serve cold. *Per serving: 236 calories, 17g fat (8g saturated), 9g carbohydrate*

#### Crab salad

High-protein, low-fat crab is a brilliant option for those watching their weight.

PREPARATION TIME: 20 MINUTES

**COOKING TIME: 10 MINUTES** 

SERVES 6

**MANAGEMENT AND MANAGEMENT AND MANAG** 

1kg (2lb 4oz) crab claws, cooked 350g (12oz) purple sprouting broccoli 150g (5oz) sugar snap peas, halved lengthways

50g (2oz) sunflower seeds 1 small red onion, thinly sliced

for the dressing:

4tbsp sweet chilli sauce 4tbsp groundnut or vegetable oil 2tbsp white wine vinegar 1tbsp Thai fish sauce

- 1 Crack open the crab claws with a hammer, or the end of a rolling pin, and extract the meat, leaving it in large pieces. Season with a little pepper.
- 2 Halve the broccoli stems lengthways and steam until tender (about 5 minutes, depending on size), adding the peas for the last couple of minutes. Cook the sunflower seeds in a dry pan for a minute or two.
- **3** Put the dressing ingredients in a bowl and whisk thoroughly.
- **4** Pile the crab, broccoli, peas, sunflower seeds and onion on to plates. Pour the dressing over just before serving. Per serving: 252 calories, 18g fat (3g saturated), 7g carbohydrate

#### + GET AHEAD

You can prepare the salad and the dressing up to 4 hours ahead, then dress just before serving.



and griddled

squid

Sweet chilli gives crab a refreshing lift in this stylish salad, perfect for a meal with friends



Ready in minutes, couscous is a must-have storecupboard staple that can be magicked into this sweet, but punchy salad





# Roast squash and beetroot couscous

Silica in beetroot helps the body use calcium for good musculo-skeletal health.

PREPARATION TIME: 10 MINUTES COOKING TIME: 30 MINUTES

**SERVES 4** 

**EASY** 

1 large butternut squash, peeled and cut into chunks 3 beetroot, peeled and cut into wedges 2tbsp olive oil 250g (9oz) couscous 1 red onion, finely sliced juice 2 lemons large handful parsley leaves, chopped

- **1** Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Place the squash and beetroot in a large roasting tin, drizzle with olive oil and season, then roast for 30 minutes, until caramelised and soft.
- 2 While the vegetables are cooking, place the couscous in a large bowl and pour over boiling water to about 1cm (½in) over the top. Cover the bowl with clingfilm and leave for 5 to 10 minutes, then uncover and fluff with a fork. When the veg is done, remove from the oven and add to the couscous, along with all the juices from the tin. Add the red onion, lemon juice and parsley, then season and drizzle with a little more oil. Serve warm, or cold as lunch the next day.

Per serving: 300 calories, 6.5g fat

(1g saturated), 58g carbohydrate

Cook's tip
Bulk out the salad
with feta or goats'
cheese – both go
fantastically well
with squash and
beetroot

#### Ultimate veggie lasagne

Lentils are low GI, which helps the body feel fuller for a longer period of time.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 55 MINUTES

SERVES 6

MI EASY/PREPARE AHEAD

2 red onions, peeled and cut into wedges 1 medium aubergine, cubed 2 courgettes, halved lengthways and sliced about 1cm (1/2in) thick 3 mixed peppers, deseeded and chopped 2tbsp olive oil 2 x 400g cans chopped tomatoes 250ml (9fl oz) dry white wine 2tsp dried oregano 1tsp sugar 100g (4oz) sun-blush tomatoes, chopped 250g pack Merchant Gourmet ready to eat Black Beluga Lentils small bunch basil, chopped 100ml (4fl oz) milk 2tsp cornflour

250g tub reduced-fat mascarpone

50g (2oz) Parmesan, finely grated

100ml (4fl oz) single cream

300g pack fresh lasagne

2 x 250g balls reduced-fat mozzarella 1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Drizzle the veg with the oil, season and roast for 20 to 25 minutes, stirring once, until golden. Remove from the oven. 2 Reduce the oven to 200 C, 180 C fan, 400 F, gas 6. Simmer the tomatoes, wine, oregano, sugar and sun-blush tomatoes for 15 minutes, add the lentils, roasted veg and basil. In a bowl, mix the milk and cornflour, then whisk in the mascarpone, cream and Parmesan, and season well. 3 Spoon a third of the veg sauce into a 2.5-litre (41/2pt) ovenproof dish, top with a layer of lasagne. Add a third more veg sauce, half the mascarpone mix, more lasagne, the remaining sauce, lasagne,

then remaining mascarpone mix. Tear the

mozzarella, scatter over the lasagne and

Per serving: 708 calories, 35g fat (11g saturated), 68g carbohydrate

bake for 35 to 40 minutes.

# Beetroot and goats' cheese Wellingtons

Fried mustard seeds add a punchy, nutty flavour and help to ward off colds and flu.

PREPARATION TIME: 2 HOURS COOKING TIME: 30 MINUTES

**SERVES 4** 

10

EASY/PREPARE AHEAD

500g (1lb 2oz) raw beetroot
2tbsp olive oil
1 red onion, peeled and finely sliced
1½tbsp mustard seeds
1tbsp sherry vinegar
large pinch caster sugar
3 sprigs thyme, torn, plus extra to garnish
275g (9½oz) puff pastry
plain flour, for dusting
1½tbsp clear honey
150g (5oz) soft goats' cheese
1 free-range egg, beaten, to glaze

- **1** Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Place the beetroot in a roasting tin, cover tightly with foil and bake for 1 hour 30 minutes until tender. When cool enough to handle, peel and cut into wedges.
- **2** Meanwhile, heat the oil in a frying pan over a low heat and add the onion and mustard seeds. Cook, stirring occasionally, for 10 minutes until softened, then add the vinegar, sugar and thyme. Increase the heat; cook for 2 minutes, stirring continuously. Remove from the heat, stir into the beetroot, and allow the mixture to cool.
- **3** Roll out the pastry on a floured work surface into a rectangle around 3mm (1/sin) thick. Cut it into quarters and spread each quarter with the honey and goats' cheese.
- 4 Put a dollop of the beetroot mixture in the middle of each rectangle. Join together the longer edges of the rectangles and pinch to seal. Fold over the two open ends and again, pinch to seal. Place the parcels on a non-stick baking sheet, seams-side down. Use the leftover pastry to decorate the tops of the parcels.
- **5** Brush the parcels with the beaten egg and bake for 30 minutes until golden. Sprinkle with the extra thyme and serve with steamed green beans.

Per serving: 525 calories, 33g fat (16g saturated), 43g carbohydrate





OTTOLENGHI - YOTAM OTTOLENGHI'S HUGELY SUCCESSFUL QUARTET OF LONDON RESTAURANTS - IS FAMOUS FOR TAKING BORING VEG TO A WHOLE NEW LEVEL WITH BOLD, VIBRANT DISHES THAT ARE DRAWN FROM CULINARY TRADITION. BROUGHT UP IN ISRAEL, THE CHEF SAYS, "WE LIVE IN A WORLD THAT OFFERS SO MANY CULTURAL HERITAGES TO DRAW ON." HIS SPANISH PAELLA. WHICH IS PACKED WITH A COLOURFUL ARRAY OF VEGETABLES, PROVIDES FIBRE, VITAMINS AND MINERALS - ESSENTIALS FOR A HEALTHY DIET.

I'll start with something as simple and unassuming as rice. When I try to think of all the uses of this grain, I immediately go dizzy with the countless possibilities

#### YOTAM OTTOLENGHI'S

#### Multi vegetable paella

All my Spanish ingredients, and lots of other delicious wonders, I get at the small Spanish supermarket, Garcia, on Portobello Road. This is a proper piece of Spain in central London, not only for the produce but also for the typical laid-back attitude. I can't be sure, but I think they take a siesta in the middle of the day.

PREPARATION TIME: 20 MINUTES COOKING TIME: 40 MINUTES SERVES 2

M EASY/PREPARE AHEAD

3tbsp olive oil
½ Spanish onion, finely chopped
1 small red and 1 small yellow pepper,
cut into strips
½ fennel bulb, cut into strips
2 garlic cloves, crushed
2 bay leaves
¼tsp smoked paprika
½tsp ground turmeric
¼tsp cayenne pepper
150g (5oz) Calasparra rice (or another
paella rice)
100ml (4fl oz) good-quality
medium sherry

450ml (15fl oz) boiling vegetable stock

200g (7oz) shelled broad beans (fresh or frozen)

12 mini plum tomatoes, halved 5 small grilled artichokes in oil from a jar, drained and quartered 15 pitted Kalamata olives, crushed or halved 2thsp roughly chapped parsley

2tbsp roughly chopped parsley 4 lemon wedges

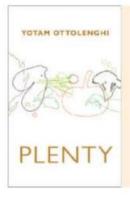
1 Heat up the olive oil in a paella pan, or a large shallow frying pan, and gently fry the onion for 5 minutes. Add the peppers and fennel and continue to fry on a medium heat for about 6 minutes, or until soft and golden. Add the garlic and cook for a further minute.

2 Add the bay leaves, paprika, turmeric and cayenne to the vegetables and stir well. Then add the rice and stir thoroughly for 2 minutes before adding the sherry and saffron. Boil down for a minute, then add the stock and ⅓stsp salt. Reduce the heat to the minimum and simmer very gently for about 20 minutes, or until most of the liquid has been absorbed by the rice. Do not cover the pan and don't stir the rice during the cooking.

**3** Meanwhile, pour plenty of boiling water over the broad beans in a bowl and leave for a minute, then drain well and leave to cool down. Now squeeze each bean gently to remove the skin and discard it.

**4** Remove the paella pan from the heat. Taste and add more salt if needed but without stirring the rice and vegetables much. Scatter the tomatoes, artichokes and broad beans over the rice and cover the pan tightly with foil. Leave to rest for 10 minutes.

**5** Take off the foil. Scatter the olives on top of the paella and sprinkle with parsley. Serve with wedges of lemon.



#### YOTAM OTTOLENGHI'S PLENTY (EBURY PRESS, £25)

1tsp saffron threads

Inspired by Yotam Ottolenghi's Mediterranean background, *Plenty*'s mouthwatering recipes are taken from his *Guardian Weekend* column. Not a vegetarian himself, he says, "At the centre of every dish is one ingredient – not just any ingredient, but one of my favourites." Innovative recipes with highly flavourful and fresh combinations include Green pancakes with lime butter, Puy lentil galettes and Vine leaf pie – perfect for veggies and meat-eaters alike!





# + Healthy skin

You are what you eat, and this is so important if your skin is sluggish or dull. But a few tweaks to your diet and your skin will be glowing again in no time

Good nutrition for the body is also good for the skin. Since the skin is the largest organ of the body, what you eat is more important than what you put on your skin. So before you reach for the Crème de la Mer in desperation, read on.

#### Eat your way to great-looking skin

Experts agree that eating a balanced diet is the best way to maintain healthy skin. You should be getting all your essential nutrients from a combination: of lean protein (protein is essential for the growth, maintenance and repair of all the cells in the body); healthy (ie unsaturated) fats that are high in omega-3 fatty acids; healthy carbohydrates - especially wholegrains, which are high in fibre (and will maintain a healthy digestive system - a sluggish system will show in your skin as it will be dull) - and a rainbow-coloured selection of fruit and vegetables. Fruit and veg provide antioxidants and phytonutrients (chemical compounds that occur naturally in plants, such as beta-carotene in carrots), which not only protect the skin, but also provide its healthy glow.

### Can I pop a pill instead?

Supplements do just what the name implies – supplement your diet, plugging up the nutritional gaps. -!- WHAT'S GOOD FOR SKIN? Right now we're very keen on omega-3 fats; the body can't make this essential fatty acid, so a supplement could be necessary. -!- WHICH ONE? New Krill oil is a great source of omega-3 (Krill is a crustacean found in Arctic waters). Try Life-Flo Power of Krill, £24.95 for 60 softgels; victoriahealth.com.

#### ESSENTIALS + nutrients

Some nutrients play a important role in promoting healthy skin.

- + Vitamin A, also known as retinol, is found in many skincare ranges, and is important for the maintenance and repair of skin tissue. It is a fat-soluble vitamin, so is present in dairy products, eggs and liver. The plant form of vitamin A is known as beta-carotene you'll find it in orange and yellow fruit and vegetables (such as carrots, squash, papaya and mango). Taking more than you need does not make a difference to health but, if you are deficient in vitamin A, you will have dry, flaky skin.
- -† Vitamin C, which is found in citrus fruit, melons, pineapples, kiwi fruit, berries, broccoli, peppers and tomatoes, reduces free radical damage. It also strengthens capillary walls to help prevent them from breaking down. Vitamin C has collagenstimulating properties that make skin firm and give it tone more important as we age and lose our natural collagen.
- + Vitamin E, found in nuts, seeds, healthy oils, wheatgerm, wholegrains and avocados, has the same anti-ageing factor as it reduces free radical damage.
- + Omega-3 fatty acids are found in salmon, sardines, trout, seafood, flax, olive and other vegetable and plant oils, as well as walnuts. These acids help prevent inflammation, and possibly white- and blackheads, plus dry skin.
- + Drinks, combined with plenty of sleep, are essential for keeping the skin plumped and hydrated. We all know we should be drinking 8 glasses of

water a day – sometimes that feels a bit arduous, but don't forget that a cup of ordinary tea counts towards your quota. Even better, try green tea or a cup of hot water with a slice of lemon. Green or white teas are high in antioxidants and have an anti-inflammatory effect. Coffee unfortunately doesn't rehydrate, so try to replace it with herbal teas as much as possible. Fennel and nettle teas are especially cleansing.



+ DO: Drink lots of water, eat plenty of fresh fruit, veg, and oily fish (once a week) to up your omega-3 levels. + DON'T: Have too much caffeine, which can inhibit absorption of certain minerals and dehydrate you, and alcohol, which causes thread veins.

#### + Smart idea

Refined carbohydrates
(eg white bread, pasta)
can break down skin
collagen, so replace
with wholegrain
versions



For more fantastic wellbeing ideas and health tips, visit womanandhome.com.

# Add a little spice

For thousands of years spice has been valued for its ability to flavour food. So what better way to add depth and aromatic fragrance to your cooking in a feel good, not calorific, manner? Our dishes are inspired by a worldwide kitchen, but whether it's subtle hints of spiced warmth or fiery hot options, just how "spicy" you make it is up to you





#### Braised Chinese pork

Rice wine contains several amino acids, which help to boost the immune system.

PREPARATION TIME: 15 MINUTES COOKING TIME: 2 HOURS 30 MINUTES SERVES 6



**✓ ③** EASY/PREPARE AHEAD

1.5kg (3lb 6oz) pork belly, skin removed and cut into chunks 850ml (11/2pt) hot chicken stock 3 onions, cut into wedges 100ml (4fl oz) light soy sauce 75ml (3fl oz) Chinese rice wine, or dry sherry 1tbsp rice wine vinegar 2tbsp light brown sugar 3 star anise 4 clementines, peel only 4 cloves rice and pak choi, to serve

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Put the pork belly in a large pan, pour over enough boiling water just to cover it, then bring back to the boil. Simmer gently for about 5 minutes, then drain through a colander.
- 2 Return the pork to the pan, cover it with the stock and add the remaining ingredients. Cover tightly and simmer very slowly for about 2 hours, turning the meat occasionally, until the pork is very tender, soft and succulent.
- **3** Remove the pork with a slotted spoon and set aside. Strain the cooking liquid and skim off as much fat as you can (but don't worry about leaving a little), then boil the stock hard to reduce and concentrate the flavours - but don't over reduce, as the soy sauce may make it very salty. Return the pork to the sauce, mix and serve with rice and steamed pak choi.

Per serving: 488 calories, 18g fat (6.5g saturated), 14g carbohydrate

#### Hoisin and ginger sticky chicken

Ginger's anti-viral properties provide a great defence against colds.

PREPARATION TIME: 15 MINUTES. PLUS MARINATING

**COOKING TIME: 20 MINUTES** 

SERVES 4

**M** EASY/PREPARE AHEAD

5tbsp hoisin sauce 1tbsp soy sauce 1tbsp sunflower oil, plus extra for frying 2 garlic cloves, crushed 1tbsp root ginger, grated 4 skinless free-range chicken breasts 200g (7oz) basmati rice 100g (4oz) frozen peas, thawed 1 free-range egg, beaten and seasoned handful coriander leaves, chopped 2 spring onions, finely sliced 1 red chilli, deseeded and finely chopped

- 1 Put the hoisin sauce, soy sauce, sunflower oil, garlic, ginger and chicken breasts in a bowl. Stir well, then marinate for at least 15 minutes. Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Line a baking sheet with a double layer of foil and place the chicken breasts on top. Bake in the oven for 20 minutes, basting with the excess marinade.
- 2 Meanwhile, place the rice in a lidded saucepan with 400ml (14fl oz) water. Bring to the boil, cover and simmer for 12 to 15 minutes, adding the peas for the last 2 minutes of cooking. Heat a small frying pan and add a drizzle of oil, then the beaten egg. Cook until golden on both sides, then cut into thin strips.
- 3 Stir the coriander, spring onions and chilli into the rice. Slice the chicken and serve with the rice and omelette strips. Per serving: 456 calories, 9g fat (1.5g saturated), 44g carbohydrate

#### + TRY THIS

Remove the skin from 4 duck breasts and slice into strips. Season with Chinese five spice and stir-fry in a little oil until cooked through. Add the hoisin sauce and cook for a further minute. Serve with Chinese-style pancakes and strips of cucumber and spring onions for everyone to help themselves.







#### Roast lamb with a spiced yogurt crust

Lamb is a good source of high-quality protein, and is also rich in iron.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 1 HOUR 45 MINUTES** SERVES 6



**SOLUTION** EASY/PREPARE AHEAD

1.6kg (31/2lb) part-boned leg of lamb 3 garlic cloves, sliced 2tsp sumac 1tbsp ground cumin 2tbsp olive oil for the yogurt crust:

200g (7oz) Greek yogurt 1tsp ground cumin 4 garlic cloves, crushed 3tbsp sun-dried tomato paste rosemary sprigs, to sprinkle

- 1 Heat the oven to 200 C. 180 C fan. 400 F, gas 6. Put the lamb into a large roasting tin and make small incisions all over the skin. Push in the slivers of garlic. Season the lamb, and sprinkle over the sumac and ground cumin. Drizzle over the olive oil. Calculate the cooking time, according to the size of your lamb joint. Allow 50 minutes per kg (2lb 4oz) plus 15 minutes. This size of lamb joint will take 1 hour 45 minutes to cook, so roast for 1 hour 15 minutes now.
- 2 For the crust, mix together the yogurt, ground cumin, crushed garlic and tomato paste. Spread the mix over the hot lamb, sprinkle with the rosemary sprigs and return to the oven for 30 more minutes. Remove the lamb from the tin, lift on to a warm serving plate and allow to rest for 15 minutes before serving. Serve with a selection of roasted root vegetables. Per serving: 435 calories, 25g fat (10g saturated), 2g carbohydrate

#### + SUMAC KNOW-HOW

Sumac is a fragrant Middle Eastern citrussy spice. It's fabulous sprinkled on salads, or try it mixed with oil and used as a rub for fish and chicken. Try Bart Crushed Sumac, available from bartspices.com.

#### + GREAT FOR VEGGIES

#### Teriyaki mushroom and spinach stir-fry

The antioxidant lutein, which may reduce the risk of cataracts, is present in spinach.

PREPARATION TIME: 10 MINUTES, PLUS MARINATING

COOKING TIME: 10 MINUTES

**SERVES 2** 

EASY

300g (10oz) mushrooms, such as oyster, shiitake or button 3tbsp teriyaki sauce 1tbsp sunflower oil 100g (4oz) fresh bean sprouts 1tsp runny honey 125g (41/2oz) baby spinach steamed rice, to serve

1 Slice the mushrooms if too large – you want them all to be a similar size. Add the terivaki sauce, stir and leave for 10 minutes. 2 Heat a large wok then add the oil and mushrooms with the teriyaki sauce. Stir-fry for 5 minutes, then add the rest of the ingredients. Keep tossing in the wok until everything is hot and the spinach has wilted. Serve with steamed rice. Per serving: 160 calories, 7g fat (1g saturated), 17g carbohydrate

#### + RICE KNOW-HOW

For a really instant supper, we love pre-cooked rices from Tilda, which need microwaving for a few minutes. It's also a great storecupboard buy for a midweek chicken fried rice using leftover Sunday roast chicken! To cook rice from scratch, measure into a jug. Allow 50 to 75g (2 to 3oz) per person. Put into a sauté pan in which you've heated a little oil. Add a pinch of salt and stir well to coat the rice. Add exactly double the amount of water. If the rice in a jug comes to the 125ml mark, add 250ml (9fl oz) water. Bring to the boil then turn down to a very low simmer and cover until all the water has evaporated. Turn off the heat and leave to steam until dry. This works for long-grain, jasmine or basmati rice - but not for wild rice.

#### Chilli and lemongrass prawns with cauliflower

Lemongrass can help to relieve stress and insomnia, and detoxify the digestive tract.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 15 MINUTES** SERVES 4 TO 6 AS A STARTER



800g (1lb 12oz) large raw prawns, with shells on 2 cauliflower, cut into florets oil, for roasting, plus a slug for frying juice 2 lemons 2tbsp Thai fish sauce juice 2 large limes 1tbsp caster sugar 1 large garlic clove, crushed 1 red chilli, deseeded and finely chopped 2 stalks lemongrass, outer layer removed and centre finely chopped chopped coriander, to garnish

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Peel the prawns, but leave the tails on. Place the cauliflower florets in a roasting tin with a drizzle of oil and the lemon juice. Roast for 15 minutes until slightly blackened.
- 2 Meanwhile, to make the dipping sauce, heat the fish sauce, lime juice and caster sugar with 1tbsp water in a pan until it all dissolves. Do not boil. Remove from the heat, allow to cool slightly and add the crushed garlic.
- 3 Heat a frying pan with a good slug of oil and, when very hot, add the prawns with a sprinkling of sea salt. Cook for 2 to 3 minutes until they are pink all the way through, then add the chilli and lemongrass for the last 30 seconds. Serve the prawns with the dipping sauce, and cauliflower sprinkled with coriander. Per serving: 275-182 calories, 3-2g fat (0.7-0.5g saturated), 10-6.5g carbohydrate







Smart idea

No turkey? Substitute chicken or prawns instead. Simply grill or sauté until cooked, then add to curry at the end

#### Fragrant green curry

A great way to get your five-a-day, this curry is packed with colourful veg.

PREPARATION TIME: 10 MINUTES COOKING TIME: 30 MINUTES SERVES 8

**☑** EASY/PREPARE AHEAD

1tbsp sunflower or light olive oil 1-2tsp green curry paste (to taste) 5cm (2in) piece ginger, finely chopped 4 garlic cloves, finely chopped 450ml (15fl oz) vegetable or chicken stock 2 x 400ml cans reduced-fat coconut milk 1 bunch spring onions, sliced 1 squash, peeled and cut into chunks 4 courgettes, cut into chunks 200g (7oz) fine green beans, trimmed 200g (7oz) mix of mangetout and baby corn 450g (1lb) cooked turkey, sliced 1tsp Thai fish sauce (to taste) basil leaves and 1-2 mild red chillies, deseeded and finely chopped, to serve

1 Heat the oil in a saucepan and fry the curry paste with the ginger and garlic for 1 to 2 minutes. Add the stock and coconut milk, bring to a simmer then turn down the heat and add the spring onions and squash. Cook, covered, for 15 minutes. 2 Meanwhile, blanch the remaining vegetables in boiling water for 2 to 3 minutes, plunge into cold water and drain. 3 Add the turkey to the curry, cover and heat through for 10 minutes. Add the vegetables and, when everything is piping hot, add the fish sauce and some salt and pepper. Transfer to a warmed serving dish and scatter over the herbs and chilli. Per serving: 263 calories, 13g fat (9.5g saturated), 16g carbohydrate

#### Keralan-style prawn curry

Prawns are low in fat, and rich in protein, zinc, iron and omega-3 fatty acids.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 45 MINUTES

**SERVES 4** 

Z EASY/PREPARE AHEAD

#### for the paste:

200g (7oz) shallots, peeled and sliced 1tbsp sunflower oil 4 garlic cloves, sliced 35g (11/4oz) piece ginger, peeled and roughly chopped 1-2 fresh green chillies, sliced (seeds optional) 1tbsp turmeric small bunch fresh coriander, stalks chopped and leaves reserved for the curry:

1tbsp vegetable oil
30-40 curry leaves, fresh or dried
200ml (7fl oz) vegetable stock
600ml (1pt) coconut milk
300g (10oz) green beans, trimmed and
cut into short pieces
400g (14oz) large raw, peeled prawns
(or you can use firm, white fish)
rice, to serve

- **1** For the paste, fry the shallots in the oil for about 5 minutes until softened, but not coloured. Transfer to a blender with the remaining paste ingredients, and whizz until you have a coarse paste.
- **2** For the curry, heat the oil in a large, heavy-based pan. Fry the curry leaves for 1 minute, add the paste and cook for another 2 to 3 minutes. Pour in the stock and coconut milk, and bring to the boil. Simmer for 15 minutes to allow the flavours to infuse.
- **3** Add the green beans, cook for 5 minutes, then add the prawns and cook for a further 3 to 4 minutes until cooked through. Season and stir in the reserved coriander leaves before serving with rice. Per serving: 426 calories, 32g fat (23g saturated), 11g carbohydrate

#### + GET AHEAD

Once you've made this paste, it can keep in the fridge for up to 5 days. Curry leaves are available from Indian shops or bartspices.com.

#### Thai turkey lettuce cups

Traditionally, this dish is served with pork mince. We've used turkey as it's low in fat.

PREPARATION TIME: 5 MINUTES COOKING TIME: 10 MINUTES

SERVES 4

EASY

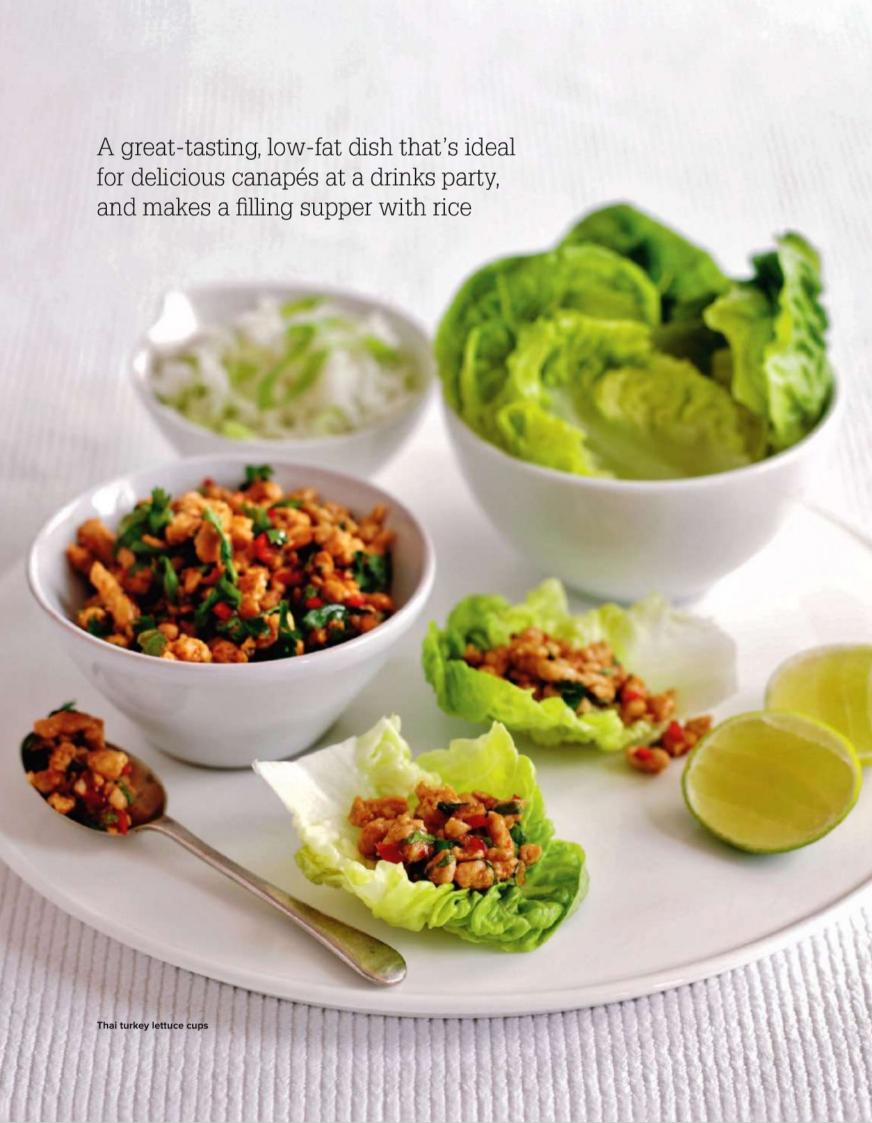
oil, for frying
2 garlic cloves, chopped
1 red chilli, finely chopped
700g (1lb 9oz) free-range turkey mince
5tsp Thai fish sauce
3tbsp soy sauce
130ml (4½fl oz) Thai sweet chilli sauce
3tbsp rice wine vinegar
juice 3 limes, plus extra wedges to serve
2 to 3 little gem lettuce hearts, to serve

- 1 Heat a large frying pan and add a splash of oil. Add the garlic and chilli, and fry for a few seconds. Season the turkey mince, add to the pan and fry for a minute. Add the fish sauce, soy sauce, Thai sweet chilli sauce, rice wine vinegar and lime juice, and fry, turning occasionally until the turkey is cooked through.
- **2** Serve immediately with the lettuce leaves to scoop the mince into, the extra lime wedges and, if you like, jasmine rice stirred through with sliced spring onions. Per serving: 359 calories, 9g fat (4g saturated), 21g carbohydrate

#### FEEL GOOD+

#### **TURKEY KNOW-HOW**

Turkey is great if you're watching your fat intake. It's low in fat (most of the fat is in the skin), is an excellent source of vitamin B12 and a useful source of all the other B vitamins. A good source of potassium and phosphorus, it contains more zinc than chicken. Turkey mince can be used in place of minced chicken, pork or lamb. Try it in a ragu, cottage pie or lasagne or to make meatballs or burgers.





#### Smoked haddock kedgeree

Haddock contains selenium, which helps prevents damage to cells and tissues.

PREPARATION TIME: 15 MINUTES COOKING TIME: 30 MINUTES SERVES 4



3tbsp sunflower oil
2 red onions, sliced
2tsp garam masala
1 garlic clove, crushed
225g (8oz) basmati rice
700ml (11/4pt) vegetable stock
400g can Puy lentils, drained
350g (12oz) smoked haddock fillet, skinned and cut into 4
200g (7oz) half-fat crème fraîche
4tbsp fresh coriander, chopped

**1** Heat the oil in a flameproof casserole over a low heat. Add the onions and fry for 5 minutes until soft. Add the garam masala and garlic and cook, stirring for 1 minute.

2 Add the rice, a pinch of salt and the vegetable stock. Bring to the boil, then cover and simmer for 5 minutes. Stir in the lentils. Arrange the smoked haddock fillets on top of the rice, cover and simmer for 15 minutes until the rice is tender, the liquid absorbed and the fish opaque. Season with freshly ground pepper.

3 Mix together the crème fraîche and coriander. Serve in a bowl, alongside the kedgeree.

Per serving: 523 calories, 18g fat (6g saturated), 62g carbohydrate

#### + SMOKED HADDOCK KNOW-HOW

Smoked haddock has a unique, distinct flavour. Buy smoked haddock from a sustainable source that is MSC accredited. It's ideal for using alongside unsmoked white fish in a fish pie, in fish cakes or in a fish soup or chowder. It's also delicious served with a poached egg for brunch.

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# Chicken and courgette empanadas

Like most beans, black-eyed beans are low in fat, and high in protein and fibre.

PREPARATION TIME: 30 MINUTES COOKING TIME: 20 MINUTES

MAKES 10

**▼** S EASY/PREPARE AHEAD/FREEZE

1tbsp olive oil 1 red onion, sliced 2 garlic cloves, crushed 1tsp ground coriander 1tsp dried oregano 2tsp ground cumin pinch chilli flakes 11/2tbsp tomato purée juice 1 lemon 2 free-range chicken breasts, diced 2 courgettes, sliced 400g can black-eyed beans, drained and rinsed 1kg (2lb 4oz) shortcrust pastry 1 free-range egg, beaten for the salad:

1-2 heads little gem lettuce, shredded 300g (10oz) cherry tomatoes large bunch coriander, leaves chopped 1 large orange or yellow pepper, sliced juice 2 limes

salsa and soured cream, to serve

- 1 Heat a frying pan, add the oil and fry the onion and garlic for 2 minutes. Add the spices, tomato purée and lemon juice, and fry for 2 minutes. Add the chicken, courgettes and beans, season and cook for 5 minutes until the chicken is just cooked. Set aside.
- 2 Roll out the pastry on a floured surface; and cut out 10 circles using a 16cm (61/4in) diameter plate. Place 2 spoonfuls of the mix in the centre of each circle, brush the edges with some of the beaten egg, and close to form a semicircle. Pinch with your fingers to secure the edges. The empanadas can be frozen at this point. 3 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Chill the empanadas for 10 minutes, glaze with the beaten egg and cook on the top shelf of the oven for 20 minutes. Mix the salad ingredients, season and serve with the empanadas, salsa and soured cream. Per empanada: 547 calories, 31g fat (9g saturated), 56g carbohydrate



AN IUM ANAND WORKED IN INNOVATIVE RESTAURANTS SUCH AS CAFÉ SPICE IN NEW YORK, THE MONDRIAN HOTEL IN LOS ANGELES AND THE PARK ROYAL HOTEL'S INDIAN **RESTAURANT IN NEW DELHI** BEFORE TURNING HER ATTENTION TO SHOWING PEOPLE THE LIGHTER. **HEALTHIER SIDE OF INDIAN** COOKING. SHE HAS PRESENTED TWO SUCCESSFUL SERIES OF BBC2'S INDIAN FOOD MADE **EASY AND PUBLISHED FIVE BOOKS, INCLUDING** ANJUM'S NEW INDIAN AND EAT RIGHT FOR YOUR BODY TYPE - ONE OF THE BESTSELLING HEALTH TITLES OF 2010.

#### ANJUM ANAND'S

#### Karahi mushrooms with peppers and peas

A lovely vegetarian dish that manages to be both hearty and delicate at the same time. It can serve 2 as a main dish, or up to 4 if it is to accompany other things. I like to use a selection of mushrooms, as they all add their own flavour and texture to the dish. Don't use portabella mushrooms, though, as they make the whole thing turn black. I use equal quantities of oyster, shiitake and chestnut mushrooms. Leave the oyster mushrooms whole or tear them in half if they are large.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 30 MINUTES
SERVES 2 TO 4

SERVES 2 TO 4

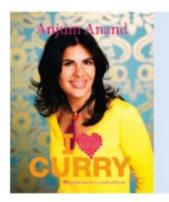
4tbsp vegetable oil 250g (9oz) mushrooms, cleaned, in 2cm (¾in) slices (see recipe introduction)

salt, to taste

1/2tsp coriander seeds, lightly crushed
1 small onion, finely chopped
6g (1/80z) fresh root ginger, peeled
weight, grated into a paste
3 garlic cloves, grated into a paste
3 tomatoes, blended to a purée with
a stick blender
1tsp ground coriander
3/4tsp ground cumin
3/4-1tsp garam masala

3/4 large red pepper, in coarse dice generous handful of green peas 2tbsp double cream (optional) small handful of chopped fresh coriander leaves, to serve

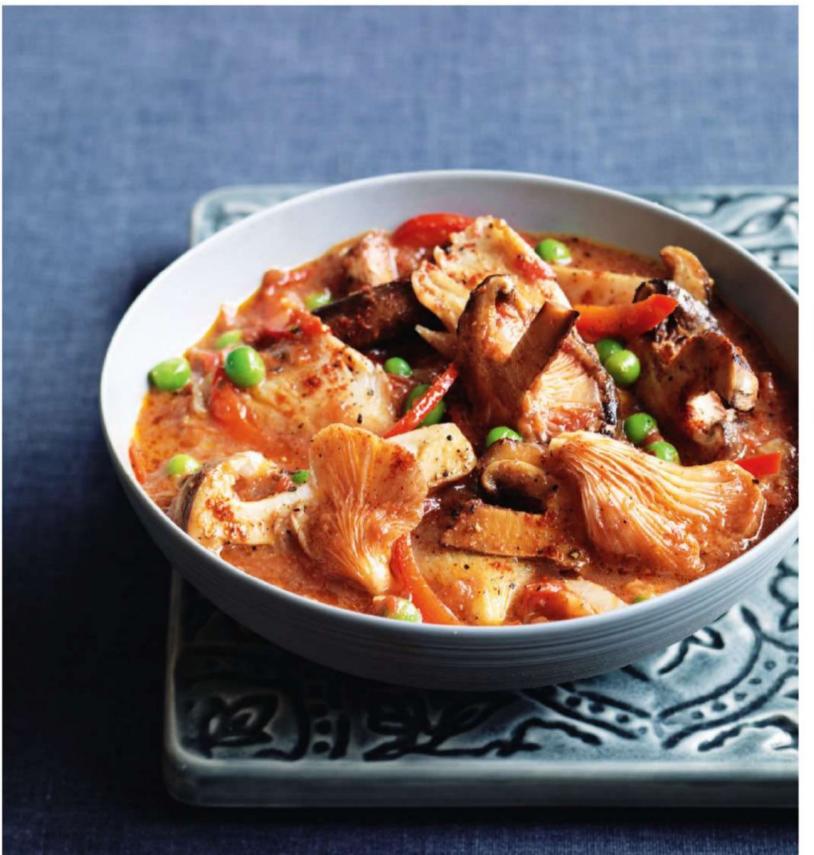
- 1 Heat half the oil in a large non-stick sauté pan or karahi. Add the mushrooms and a little salt and sauté over a moderate flame for 4 to 5 minutes, until they have a lovely golden tinge. Remove from the pan and set aside.
- 2 Heat the remaining oil, add the coriander seeds and, once they have darkened a little, the onion. Cook until golden. Add the ginger and garlic pastes and cook, stirring, over a low flame for 1 to 2 minutes, or until you can smell that the garlic is cooked. Pour in the tomatoes and add the remaining spices. Season and cook, stirring occasionally, for 8 to 10 minutes, or until the paste releases some oil back into the pan.
- **3** Stir in the pepper dice, peas and a good splash of water, cover and cook for 4 minutes, or until the peppers are softening. Add the mushrooms, cover and allow the flavours to come together for a few minutes. Stir in the cream (if using) and about 50ml (2fl oz) water, or enough to form a light sauce. Bring to a boil, taste, adjust the seasoning and sprinkle with the chopped coriander.



1/stsp chilli powder, or to taste

ANJUM ANAND'S I ♥ CURRY (QUADRILLE, £17.99)

In this beautiful book, Anjum presents an eclectic choice of her favourite curries, covering regional dishes, restaurant classics and original creations in chapters including fish and seafood, poultry and game, meat and vegetables, as well as those all-important accompaniments. Recipes are written to suit a lighter, healthier way of eating, but every dish bursts with the flavours of India. Some are hot, some are mild, although all can be adjusted to taste.



A lovely vegetarian dish that manages to be both hearty and delicate at the same time – the mushrooms all add their own flavour and texture

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# RECIPE FOR A FEEL GOOD YEAR



#### Dear Reader.

If your New Year's resolution is to eat well and healthily, then a subscription to Feel Good Food is your perfect companion! Each issue is brimming with fabulous recipes and delicious ideas, with healthy

options that are lighter on calories but don't skimp on flavour. There's inspiration for everything from midweek suppers to fabulous meals to enjoy with friends and family. And don't forget the mouthwatering desserts and cakes - let's be honest – a little bit of what you fancy does you good! Subscribe today to get your issue delivery straight to your door every quarter. Call 0844 848 0848 and quote code 11P.

Jane Curran, Editor, Feel Good Food



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# Special weekends

Weekends are a time to abandon the week's clock-watching and focus on friends and family. Sharing a homemade meal with loved ones is an ideal get-together, but that doesn't have to mean hours spent in the kitchen. From easy Friday pizzas to a spiced salad perfect for a catch-up with the girls, to roasts that can be left to their own devices, simple *can* be special



## SOUPS - Impressive seafood starters

## Creamy oysters and mussels add a sophisticated touch to ordinary soups, propelling them to fine-dining status

#### Oyster and watercress soup

One of the best sources of zinc, oysters help to boost your immune system.

#### PREPARATION TIME: 20 MINUTES

**COOKING TIME: 15 MINUTES** 

SERVES 4

PREPARE AHEAD

12 shucked oysters 1 glass white wine

500ml (18fl oz) chicken stock 25g (1oz) butter

4 shallet final sales

1 shallot, finely chopped

1 celery stalk, finely chopped

1 garlic clove, finely chopped

1 heaped tbsp flour

50g (2oz) basmati rice

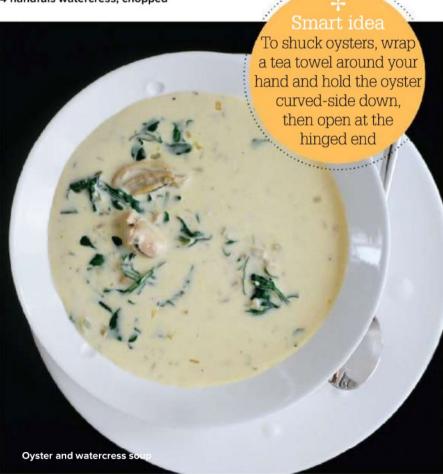
1/2tsp nutmea

2tsp Worcestershire sauce 200g (7oz) half-fat crème fraîche

4 handfuls watercress, chopped

**1** Strain the oysters and pour the juice into a large pan. Add the wine and stock, then bring to the boil. Reduce the heat, add the oysters and poach for 4 minutes. Reserve this cooking liquid and oysters.

2 Melt the butter in the pan and sauté the shallot, then add the celery and garlic and fry for 4 minutes. Add the flour and cook for a couple of minutes, stirring continuously. Slowly add the cooking juices, whisking to mix, and bring to the boil. Add the rice, reduce the heat and add the nutmeg and Worcestershire sauce. Simmer for 10 minutes, then stir in the crème fraîche and watercress and cook for a further 4 minutes. Season to taste, add the oysters and liquid, heat through and serve. Per serving: 272 calories, 13.5g fat (8.5g saturated), 18g carbohydrate



#### Scottish mussel broth

Low in fat and high in protein, mussels are also packed with vitamins and minerals.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 20 MINUTES** 

**SERVES 6** 

M EASY

1.5kg (3lb 6oz) mussels, cleaned and drained
100ml (4fl oz) white wine around 1 litre (134pt) fish stock

1tbsp olive oil

1 large onion, chopped

2 garlic cloves

2 large potatoes, diced

200g (7oz) fresh or frozen peas handful basil leaves, shredded and

a few leaves reserved

4tbsp reduced-fat crème fraîche

- 1 Heat a large, heavy-based pan until hot and add the mussels and wine. Cover immediately with a tight-fitting lid. Once the wine is bubbling, the mussels should be cooked. Drain, reserving the cooking liquor, and allow the mussels to cool a little. Shell the mussels, leaving a handful for garnish.
- 2 Strain the mussel liquor through muslin to get rid of any grit. There should be about 400ml (14fl oz) add more fish stock to make it up to 1 litre (1¾pt) in total.
- **3** In the same pan, heat the oil and add the onion, garlic and potatoes. Cook over a medium heat for about 3 minutes. Add the liquor, cover and simmer for 15 minutes. Add the peas, cook for 2 minutes until tender.
- **4** Just before serving, add the mussels to heat through. Scatter over the basil, stir in the crème fraîche and ladle into bowls. Top with the reserved mussels and extra basil. Per serving: 173 calories, 4g fat (1g saturated), 13g carbohydrate



# MAKE IT AN OCCASION + Dishes to impress

Try a new ingredient or presentation method and you'll see how easily simple meals can become fabulous ones



#### Lemon-and-basil stuffed turkey

Turkey contains selenium, which is thought to inhibit cancer-cell growth.

PREPARATION TIME: 25 MINUTES **COOKING TIME: 1 HOUR 20 MINUTES SERVES 8** 

**EASY/PREPARE AHEAD** 

3tbsp olive oil 1 onion, chopped 1 garlic clove, crushed 50g (2oz) white breadcrumbs finely grated zest 2 lemons, juice of 3 2tbsp fresh basil, chopped 1.5kg (3lb 6oz) turkey breast joint 2tsp poultry seasoning 12 slices rindless streaky bacon

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. To make the stuffing, heat 2tbsp oil in a pan, add the onion and garlic and cook for 5 minutes. Add the breadcrumbs and lemon zest, stir, season and add the juice of 2 lemons and the basil. Leave to cool. 2 To stuff the turkey, see below. Sprinkle over the poultry seasoning, squeeze over the remaining lemon juice, tie up and wrap in foil. Roast for 1 hour 20 minutes. Cool, chill overnight and slice to serve. Per serving: 364 calories, 15g fat (4g saturated), 6g carbohydrate



+ Stuff a turkey breast Lay a sheet of foil on a chopping board. Arrange lengths of string horizontally across the foil, top with the bacon, overlapping it on the string. Place the turkey breast lengthways in the centre of the bacon. Cut a slash down the centre of the breast and spoon the stuffing into this pocket. Wrap the bacon around and tie at 2cm (3/4in) intervals with the string. Wrap tightly in foil and place in a roasting tin.



#### Pomegranate molasses griddled steak with roasted beetroot

Griddling is healthier as it uses less fat than frying. Oil the steak, not the griddle.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 25 MINUTES** 

**SERVES 2** 

EASY/PREPARE AHEAD

2 fresh beetroot, peeled and cut into wedges 1tbsp olive oil, plus extra for the steaks 2 sirloin steaks pomegranate molasses, to drizzle

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Place the beetroot in a roasting tin (it's advisable to wear gloves when handling them to avoid stained hands), drizzle over the oil, season and roast for 20 minutes until crisp on the outside. 2 While the beetroots are cooking, heat a griddle pan until very hot. Oil and season the steaks, then griddle for 2 to 3 minutes on each side, to your taste. Transfer to a plate and leave to rest for a few minutes. 3 Serve the steak on top of some garlic mash (see our recipe on page 32), with

the beetroot wedges on the side, and a generous drizzle of pomegranate molasses over the top. Per serving: 339 calories, 18g fat (4.5g saturated), 9g carbohydrate

#### + POMEGRANATE MOLASSES KNOW-HOW

A gloriously tangy syrup that is used in Middle Eastern cooking, pomegranate molasses is made by reducing pomegranate juice until it has a sticky, thick consistency. The tart-sweet flavour makes if perfect for marinades - mix with garlic and cumin and add lamb or pork. Or try it as a glaze - brush it over a whole chicken or duck before roasting for wonderfully flavoured, crisp skin. It also makes a delicious addition to a vinaigrette - or mix with vodka, lemon juice, sugar syrup and soda water for an interesting cocktail.

## 2 WAYS WITH CHICKEN + Fabulous lunch and dinner

Create wonderful depths of flavour with the addition of spice, hot seasoning or fresh herbs that'll wake up your taste buds

#### Jerk chicken salad

Cooling yogurt is perfect with spiced food and will also up calcium levels.

PREPARATION TIME: 10 MINUTES,

PLUS MARINATING

**COOKING TIME: 15 MINUTES** 

**SERVES 4** 

EASY/PREPARE AHEAD

4 skinless, boneless free-range chicken breasts

3tbsp jerk seasoning (we like Bart spices) 3tbsp olive oil

100g (4oz) ciabatta, torn into chunks 150g (5oz) mixed salad leaves (we used Iollo rosso, watercress and baby chard) 1/2 cucumber, sliced on the diagonal 200g (7oz) cherry tomatoes, halved

#### for the dressing:

6tbsp low-fat natural yogurt 1 garlic clove, crushed juice 1 lemon pinch sugar

1 Place the chicken between 2 sheets of clingfilm and gently bash with a rolling pin to flatten slightly. Mix the jerk seasoning with 2tbsp oil in a non-metallic bowl, add the chicken, mix and leave to marinate for at least half an hour, or overnight is fine.

2 Meanwhile make the croûtons. Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Toss the bread in the remaining oil, season and bake in a roasting tin for 10 minutes, until golden and crisp. Set aside or store overnight in an airtight container.

- 3 When ready to cook, heat the grill and place the chicken on a foil-lined tray and grill for 5 to 7 minutes on each side, basting with the excess marinade as you go, until the chicken is cooked through.
- 4 Combine all the dressing ingredients and season. When the chicken is cooked, slice into thick strips, toss with the salad leaves, cucumber, cherry tomatoes and croûtons and drizzle with the dressing. Per serving: 344 calories, 12g fat

#### Roast chicken with lemon and roasted veg

Zingy lemons flavour the chicken and may also help to relieve rheumatism.

PREPARATION TIME: 10 MINUTES

**COOKING TIME: 1 HOUR 30 MINUTES** 

**SERVES 4** 

M EASY

2 lemons, 1 cut into wedges, 1 halved whole free-range chicken, around 1.3-1.5kg (3-3lb 6oz)

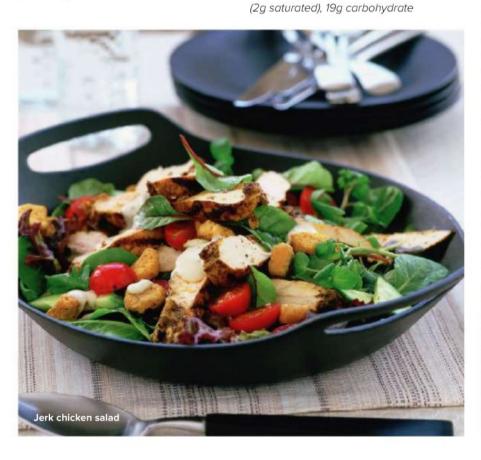
3tbsp olive oil, plus extra for the chicken 2 onions, quartered

2 carrots, peeled and cut into thick batons

500g (1lb 2oz) new potatoes, halved if large

250g (9oz) cherry tomatoes few thyme sprigs 1tbsp fennel seeds

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Place the halved lemon in the chicken's cavity, drizzle with a little oil and season all over. Place in a casserole dish, and arrange the vegetables and tomatoes around, drizzle with the oil, add the thyme sprigs and scatter over the fennel seeds. Season the veg and roast in the oven for 20 minutes, then turn the oven down and roast for a further hour, or until the juices run clear from the chicken.
- 2 When the chicken is cooked, remove from the tin and leave to rest, then give the veg a toss and return to the oven for another 10 minutes to colour up. Return the chicken to the casserole to serve. Per serving: 470 calories, 14g fat (2.5g saturated), 30g carbohydrate



#### THYME KNOW-HOW

GOOD A robust herb, thyme can withstand long periods of cooking, which makes it perfect for roasts and casseroles. The flavour-packed leaves are high in antioxidants, and have anti-fungal and antibacterial properties.



#### WEEKEND ROASTS → Feasts for sharing

Enjoy quality family time or a friends get-together as you sit down to share a meal of spiced lamb or crisped-up pork

#### Roast pork with anchovy and sage

From your skin to nervous system health, vitamin-B rich pork helps maintain it all.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 2 HOURS,

PLUS STANDING

**SERVES 4** 

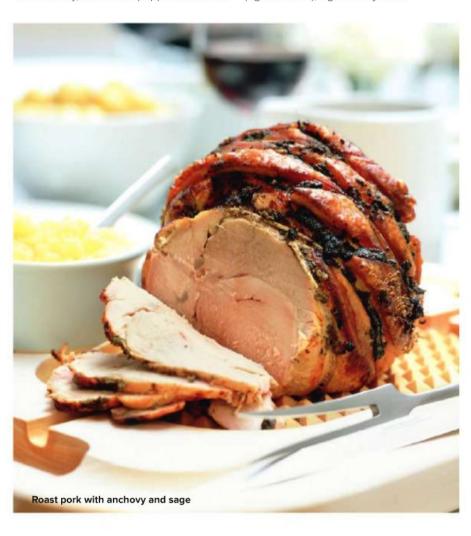
SERVES

EASY/PREPARE AHEAD

2tsp dried sage 4 anchovy fillets 1tbsp olive oil 2kg (4½lb) rolled pork leg, skin scored

**1** An hour before cooking, put the sage and anchovies in a pestle and mortar and grind to a paste. Slowly add the olive oil, mashing continuously, then black pepper. Set aside.

2 Pour boiling water over the skin of the pork (for crisp crackling), dry thoroughly, and place in a roasting tin. Smear the paste over the pork, ensuring it goes into the cracks between the cuts in the skin, but not on the skin, and sprinkle with salt. Leave to stand while the flavours infuse. 3 Heat the oven to 240 C, 220 C fan, 475 F. gas 9. Place the pork in the oven for half an hour, or until the crackling is crisp. Turn the oven down to 180 C, 160 C fan, 350 F, gas 4 and cook for a further hour and a half. Remove the pork and leave to stand on a carving board - it needs to stand for at least 10 minutes before carving to absorb the juices, so the meat isn't dry. Per serving: 490 calories, 18g fat (6g saturated), 0g carbohydrate



### Leg of lamb with anchovies and capers

Anchovies in the relish are high in heart-friendly polyunsaturated fatty acids.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 1 HOUR 15 MINUTES** 

SERVES 8

Mail Easy/Prepare Ahead

3tsp The Gentleman's Relish
3tsp capers, chopped
2 garlic cloves, crushed
2tbsp curly parsley, chopped, plus
extra to serve
1tbsp fresh rosemary, chopped
½ lemon, zest plus 1tbsp juice
2tbsp olive oil
2kg (4½lb) leg of lamb
250ml (9fl oz) red wine
300ml (½pt) chicken stock
2tbsp redcurrant jelly
15g (½oz) flour
15g (½oz) butter

- **1** Heat the oven to 230 C, 210 C fan, 450 F, gas 8. Mix the relish, capers, garlic, herbs, lemon zest and juice, and oil. Make incisions all over the lamb and rub with the mixture.
- 2 Roast the lamb for 20 minutes; turn down the oven to 180 C, 160 C fan, 350 F, gas 4 and add the wine and 100ml (4fl oz) water. Cook for 1 hour for medium; 15 minutes longer for well done. Rest in a warm place.

  3 For the gravy, put the stock, meat juices and jelly in a pan and bring to the boil. Mix the flour and butter to form a paste, whisk into the sauce and simmer until thickened. Sprinkle the extra parsley over the lamb and serve with the gravy, roasted potatoes and steamed green vegetables. Per serving: 423 calories, 25g fat (11g saturated), 3g carbohydrate

#### + TRY THIS

If you don't have any relish, you can use anchovies from a tin, simply drained and chopped. Or cut slivers of anchovies and garlic, and break off sprigs of rosemary – stuff a little of each into the lamb incisions.



#### ON THE SIDE + Veg get a clever makeover

Make your accompaniments as exciting as the main dish with our interesting recipes. They're perfect with a weekend roast and help to promote good health

#### Rosemary potatoes

Fragrant rosemary adds wonderful flavour to a dish and helps improve digestion too.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 1 HOUR** 

**SERVES 6** 

EASY

6 potatoes, thinly sliced 2-3tbsp rosemary leaves, chopped 1tbsp olive oil

Heat the oven to 180 C, 160 C fan, 350 F, gas 4. In a large bowl, toss together all the ingredients and season. Layer in an oiled ovenproof dish and bake in the top of the oven for 45 minutes to 1 hour, until tender. Per serving: 170 calories, 2g fat (0.5g saturated), 35g carbohydrate

#### Warm lentil salad

Peppery Puy lentils are delicious and provide manganese for healthy bones.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 45 MINUTES** 

**SERVES 4** 

**EASY/PREPARE AHEAD** 

1 small onion, chopped

knob of butter

1tbsp olive oil

250g (9oz) Puy lentils

1 carrot

1 garlic clove

1 small stick of celery

1 bay leaf

1 vegetable stock cube

handful flat-leaf parsley, chopped grated peel of 1/2 lemon

1 Fry the onion in the butter and olive oil until translucent. Add the lentils, carrot, garlic, celery and bay leaf. Add enough water to sit 2cm (3/4in) above the lentils. Crumble in the stock cube and simmer

for 45 minutes until the lentils have absorbed the liquid. Add a little extra water if they start to dry out before they are cooked.

2 Remove the carrot, celery, garlic and bay leaf, stir in the parsley and lemon peel and serve.

Per serving: 250 calories, 6g fat (2g saturated), 34.5g carbohydrate

#### Red cabbage with apples, balsamic and walnuts

Antioxidant-rich red cabbage is thought to protect against a number of cancers.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 1 HOUR 30 MINUTES** 

**SERVES 8** 

EASY/PREPARE AHEAD

35g (11/4oz) unsalted butter 2 onions, peeled and finely chopped 50g (2oz) sultanas

2 garlic cloves, peeled

1 red cabbage, shredded

2 pinches freshly grated nutmeg

1/4tsp ground cinnamon

1/4tsp ground cloves

3tbsp dark muscovado sugar

juice 2 oranges

3tbsp balsamic vinegar

2 Bramley apples, peeled, cored and cut

into thin wedges

50g (2oz) walnuts, roughly chopped

1 Melt the butter in a large heavy-based pan over a low heat. Add the onions and sultanas and cook, stirring occasionally, until the onions just start to colour. Add the remaining ingredients, except the apples and walnuts, and cover with a tight-fitting lid. Cook on the hob over a low heat for 1 hour 30 minutes, stirring occasionally. 2 Remove the pan from the heat and stir

in the apples and walnuts. Cover with the lid - the apples and cabbage will finish

An easy way to up your vegetable intake is to serve lentils which count as 1 of your 5 a day - with your roast

cooking in the residual heat, then serve seasoned with salt and pepper. If you're making ahead, allow it to cool at this stage and chill overnight. Just before serving, reheat for around 15 minutes until hot. Per serving: 170 calories, 8g fat (3g saturated), 22g carbohydrate

#### Roasted celery hearts and fennel

Rich in potassium, aniseed-flavoured fennel helps to lower blood pressure.

PREPARATION TIME: 15 MINUTES

**COOKING TIME: 30 MINUTES** 

**SERVES 8** 

EASY

3 celery heads, trimmed and halved 3 fennel bulbs, trimmed and halved

2 bay leaves

4tbsp olive oil

1tsp thyme leaves, chopped 1tsp rosemary leaves, chopped

1 Heat the oven to 180 C, 160 C fan, 350 F. gas 4. Blanch the veg in boiling water for 3 minutes, drain; place in an ovenproof dish. 2 Mix together the remaining ingredients and pour over the veg. Season and roast for 30 minutes, turning them over 10 minutes before the end of cooking. Per serving: 60 calories, 6g fat (0.8g saturated), 1g carbohydrate



#### Tomato and onion focaccia



Cherry tomatoes are sweeter than their larger counterparts, and a rich source of vitamin C.

PREPARATION TIME: 25 MINUTES,
PLUS PROVING
COOKING TIME: 40 MINUTES
MAKES 2 LOAVES

**M** EASY/PREPARE AHEAD

325ml (11fl oz) tepid water 2tsp easy-blend dried yeast ½tsp sugar 500g (1lb 2oz) strong white flour 2tbsp olive oil 2tsp sea salt

#### for the topping:

20 cherry tomatoes ½ red onion, cut into thin slices 2 sprigs thyme, leaves removed 2 sprigs rosemary, leaves removed and chopped

- **1** Put 3tbsp of the water in a bowl with the yeast and sugar, leave for 5 to 10 minutes until slightly foamy. Put the flour in a large bowl, make a well in the middle. Add 1tbsp oil, the salt, the yeast mix and add the rest of the water a little at a time, stirring until the mixture holds together.
- **2** Knead the dough for 5 minutes until elastic, return to the bowl and cover with a tea towel. Leave to rest until it has doubled in size (around 1 hour, or longer if the room is cool).
- **3** Press the dough down to knock out any air and roll into 2 rectangles 1cm ( $\frac{1}{2}$ in) thick, then transfer to a lightly oiled baking sheet. Make indents all over the dough with your thumb and leave until double in size about 30 to 40 minutes. Heat the oven to 200 C, 180 C fan, 400 F, gas 6.
- **4** Push the tomatoes into the dough and scatter with the onion, herbs and seasoning. Bake for 20 minutes, drizzle over 1tbsp oil and serve. *Per serving: 991 calories, 15g fat (2g saturated), 202g carbohydrate*

#### Spicy salami



Eating spicy chillies may help to relieve congestion when you have a cold.

PREPARATION TIME: 15 MINUTES, PLUS RISING COOKING TIME: 20 MINUTES SERVES 2

**EASY/PREPARE AHEAD** 

500g pack ciabatta mix 4tbsp extra virgin olive oil 300g (10oz) passata 1tsp mixed Italian dried herbs for the topping:

85g (31/20z) sliced salami

85g (3½0z) sliced chorizo 2tbsp Jalapeño chillies, drained 100g (40z) grated Cheddar 125g (4½0z) ball mozzarella,

- **1** Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Make the dough as per pack instructions, adding 2tbsp olive oil. Knead for 3 minutes, then divide the mixture into three. On a floured surface, roll out two rounds to about 30cm (11¾in) in diameter and put on to two lightly oiled baking trays. (Save the other third to make dough balls.) Leave to rise in a warm place for at least 10 minutes.
- **2** Put the passata in a pan and simmer with the remaining oil and herbs for 5 to 10 minutes until slightly reduced and thickened, season well. Divide between the bases, then scatter over the toppings, mozzarella last. Bake for 15 to 20 minutes until the base is crisp. Per serving: 1,610 calories, 69g fat (25g saturated), 205g carbohydrate

#### + TRY THIS

Make it meat free – replace the salami, chorizo and Jalapeño chillies with pesto, a handful of pitted olives and some fresh basil leaves

#### Tomato, mozzarella and anchovy



Passata is a rich source of lycopene, which is thought to protect against prostate cancer.

PREPARATION TIME: 15 MINUTES, PLUS RISING COOKING TIME: 15 MINUTES

SERVES 2 TO 4

**EASY/PREPARE AHEAD** 

500g pack ciabatta bread mix (we used Wright's) 2tbsp olive oil, plus extra to serve 350-400ml (12-14fl oz) tepid water around 3-4tbsp passata 150g (5oz) mozzarella 8-12 anchovy fillets (we used fresh, but tinned will do) basil leaves, to garnish

1 Put the ciabatta mix into a bowl, make a well in the centre and add 2tbsp oil and the water. Stir, bringing it together with floured hands, and tip out on to a floured surface. Knead for 1 to 2 minutes to smooth, then place in an oiled bowl, cover with clingfilm and leave to rise in a warm place for 1 to 2 hours, until the dough has at least doubled in size. If you're pushed for time, you can skip the rising, but it does help with the dough's texture and flavour. It can be left to rise in the fridge overnight.

2 After this time, briefly knead the dough to knock out the air bubbles. Heat the oven to 230 C, 210 C fan, 450 F, gas 8. Divide the dough in 2, and roll each half into a circle about 30.5cm (12in) in diameter. Place these on floured baking sheets and top with the passata, mozzarella and anchovies. Bake for 12 to 15 minutes. Serve immediately, drizzled with oil and scattered with some black pepper and the basil leaves. Per serving: 1,174-587 calories, 30-15g fat (12.5-6g saturated), 195-97g carbohydrate

#### Rosemary and goats' cheese



Shallots contain flavonoids, which may reduce the chance of developing cancer and diabetes.

PREPARATION TIME: 30 MINUTES, PLUS RISING COOKING TIME: 15 MINUTES
SERVES 8

**EASY/PREPARE AHEAD** 

#### for the dough:

250g (9oz) strong white bread flour, plus extra for dusting 7g sachet (or 2½tsp) dried yeast 1tsp salt 3tbsp extra virgin olive oil 130ml (4½fl oz) tepid water

#### for the topping:

rosemary, plus extra to serve 4tbsp extra virgin olive oil 150g (5oz) shallots, thinly sliced 250g (9oz) goats' cheese, sliced 25g (1oz) pine nuts, toasted 25g (1oz) Parmesan, grated

- **1** Put the flour, yeast, salt and oil in a bowl. Add the water, mix to a soft dough, adding more water if it feels dry. Turn on to a floured surface and knead for 10 minutes until smooth. Or use a mixer with a dough hook and knead for 5 minutes. Place in an oiled bowl, cover with clingfilm and leave to stand in a warm place for an hour, or until it has doubled in size.
- **2** Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Grease and flour a baking sheet. Turn the dough on to a lightly floured surface and roll out to a  $33 \times 23$ cm ( $13 \times 9$ in) rectangle. Transfer to the baking sheet, prick with a fork and bake for about 8 minutes, until risen but not too crusty.
- **3** Meanwhile, chop the rosemary. Heat 2tbsp oil and add the rosemary and shallots. Cook for 5 minutes until the shallots soften slightly.
- **4** Top the base with the goats' cheese, shallots, pine nuts, and Parmesan. Drizzle over the remaining oil, add the rosemary. Bake for 15 minutes. *Per serving: 335 calories, 21g fat (8g saturated), 26g carbohydrate*



Feel good ideas

# Reinvent it: pizza

Glam up a family favourite with carefully selected bases and toppings





THIS IS A GREAT PREP-AHEAD DISH - YOU CAN MAKE THESE DELICIOUS STICKY CHICKEN WINGS IN ADVANCE, THEN SERVE WITH THE ROASTED TOMATOES, WHICH CAN ALSO BE SERVED HOT OR COLD - TRY THEM FOR BREAKFAST OR BRUNCH TOO. WHEN COOKING THE TOMATOES, JAMES ADVISES, "DON'T WORRY IF INITIALLY IT LOOKS LIKE THERE'S TOO MUCH SAUCE - IT WILL **EVAPORATE AS IT COOKS."** TOMATOES CONTAIN LARGE AMOUNTS OF VITAMIN C AND THE ANTIOXIDANT LYCOPENE.

#### JAMES MARTIN'S

### Sticky chicken wings and Slow-roasted tomatoes with Worcestershire sauce

You can get chicken wings from your butcher at a very good price because they are the part of the bird that most people leave behind. These sticky wings are perfect with Slow-roasted tomatoes.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 35 MINUTES
SERVES 4

**EASY/PREPARE AHEAD** 

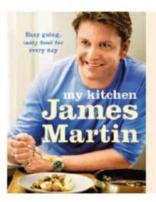
450g (1lb) chicken wings
2tbsp coriander seeds
2tbsp cumin seeds
2tbsp black mustard seeds
75g (3oz) smooth apricot jam
zest and juice 2 lemons
50ml (2fl oz) rapeseed or extra virgin
olive oil

#### for the slow-roasted tomatoes:

12 English tomatoes, cut in half 295ml bottle Worcestershire sauce 8tbsp rapeseed or extra virgin olive oil 1tbsp English mustard powder celery salt

**1** Bring a large saucepan of water to the boil, add the chicken wings and simmer for 4 minutes. Remove from the water and allow to cool.

- **2** Set a frying pan over a medium heat and add the dry spices. When they start to pop, remove them from the pan and crush in a blender or using a pestle and mortar.
- **3** Heat the oven to 240 C, 220 C fan, 475 F, gas 9. Place the crushed spices in a large bowl, add the jam, lemon zest and juice, and the rapeseed or olive oil, season with salt and pepper and mix well together, then add the chicken wings and stir to coat in the spice mixture.
- **4** Place on a baking sheet and roast in the oven for 15 to 20 minutes, or until sticky and golden brown. Remove from the oven and serve either hot or cold.
- **5** To make the tomatoes, reduce the oven temperature to 230 C, 210 C fan, 450 F, gas 8. Place the tomatoes, cut side up, on a baking sheet and drizzle the whole bottle of Worcestershire sauce over the top. Drizzle over the rapeseed or olive oil and sprinkle with black pepper and the mustard powder. Place in the oven and cook for 12 to 15 minutes until soft. During cooking, remove the tomatoes from the oven every 4 minutes to baste with the juices from the tray. When cooked, remove the tomatoes from the oven, sprinkle with celery salt and place on individual plates to serve.



#### JAMES MARTIN'S MY KITCHEN (HARPERCOLLINS, £20)

In this book, the *Saturday Kitchen* host encourages us to think of the changing seasons as "out with the old and in with the new", and to embrace the produce that's provided by nature. Passionate about using fresh, local ingredients, James created this book as a celebration of all things British. You can enjoy James's favourites for yourself with his easy-to-follow recipes for hearty, home-cooked food, from Scallops with black pudding to Honey-glazed quail.



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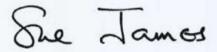
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# Desserts & baking

Who says mouthwatering desserts equal guilt-inducing indulgences? Certainly not us with our gorgeous low-fat, no-taste-compromised sticky puddings. And, as puddings are to be enjoyed on special occasions rather than every day, if your must-have treats are chocolatey, or a comforting crumble or tart, we've covered those too. Just keep the portions small!





#### Velvet chocolate mousse with mini meringues

Tofu is rich in calcium - and makes a fabulously creamy mousse.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 30 MINUTES** 

SERVES 6

Management | Easy/Prepare Ahead

#### for the meringues:

1 large free-range egg white 50g (2oz) caster sugar for the mousse:

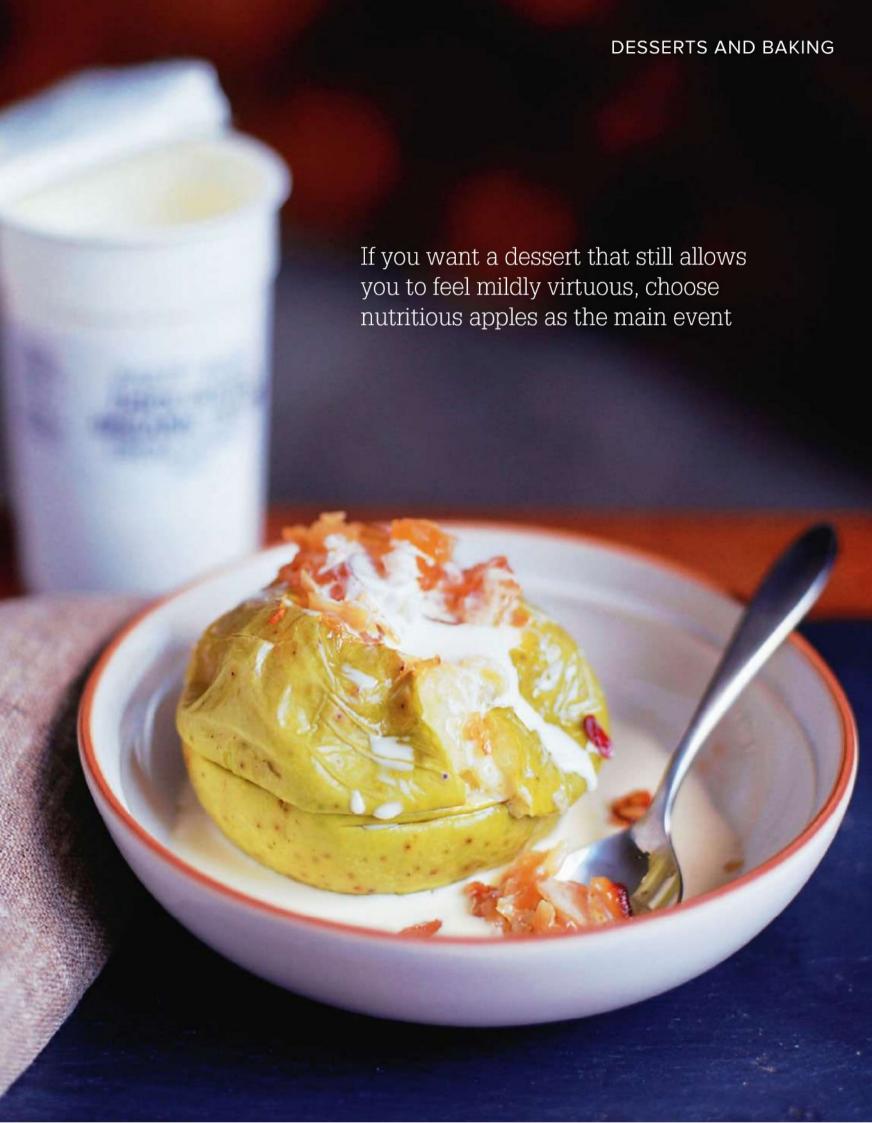
200g (7oz) dark chocolate, around 60 per cent cocoa solids 349g pack firm silken tofu 2-3tbsp maple syrup, to taste cocoa powder, for dusting you will need:

piping bag with star nozzle

**1** Heat the oven to 140 C, 120 C fan, 275 F, gas 1. In a clean bowl, whip the egg white with an electric whisk until it forms stiff

peaks. Add the caster sugar, a spoonful at a time, whisking well between each addition until the mixture is stiff and glossy. Line a baking sheet with baking parchment, place the mixture in the piping bag, and pipe 6 small swirls on to it. Bake for 20 to 30 minutes, until the meringues are firm to the touch. Remove from the oven and allow to cool. You can also buy mini meringues from the supermarket if pushed for time. 2 To make the mousse, melt the chocolate in a bowl set over a pan of hot, not boiling, water. Set aside and allow to cool slightly. Whizz the tofu in a food processor, add the melted chocolate and syrup. Blend until smooth, then spoon into 6 glasses or bowls, top with a meringue, dust with cocoa and serve. This mousse will keep in the fridge for 3 days, but will set firm, so put it into serving dishes before you chill, and bring back to room temperature before eating. Per serving: 275 calories, 13g fat (6g saturated), 34g carbohydrate





#### **DESSERTS AND BAKING**



in vitamin C, it'll help skin glow and boost the body's defences

#### Zesty orange tart

A compound in orange peel has the potential to lower cholesterol levels.

PREPARATION TIME: 30 MINUTES.

**PLUS CHILLING** 

**COOKING TIME: 1 HOUR 40 MINUTES** 

SERVES 10

**EASY/PREPARE AHEAD** 

250g (9oz) ready-made all-butter shortcrust pastry

#### for the filling:

1 large free-range egg, plus 5 free-range egg volks

150g (5oz) golden caster sugar grated zest 4 oranges 100ml (4fl oz) orange juice finely grated zest and juice 1 lemon 150ml (1/4pt) half-fat crème fraîche

#### for the orange decoration:

225g (8oz) caster sugar 2 oranges, finely sliced icing sugar, to decorate crème fraîche, to serve

#### vou will need:

23cm (9in) loose-based fluted flan tin baking beans, baking parchment and a baking sheet

- 1 Roll out the pastry to a 23cm (9in) circle on a lightly floured surface and line the tart tin. Leave untrimmed and chill for 30 minutes.
- 2 For the filling, mix the eggs, sugar, citrus zest and juice, and crème fraîche.
- 3 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Line the pastry case with baking parchment and baking beans. Bake for 15 minutes, remove the paper and beans and cook for 8 to 10 minutes until golden. Lower the oven to 150 C, 130 C fan, 300 F, gas 2.
- 4 Remove the case from the oven and neaten the edge. Strain the filling into the case, bake for 40 minutes then leave in the switched-off oven for 30 minutes to firm up. Remove and set aside (not in the fridge). 5 For the decoration, heat the oven to 130 C, 110 C fan, 250 F, gas 1/2. Dissolve the sugar in 450ml (15fl oz) water over a gentle heat. Add the orange slices, simmer until tender. Drain the slices, lay on the baking sheet and leave in the oven for 40 minutes to dry out. Turn off the heat; leave to cool. 6 Serve the tart with the orange slices on top and lightly dust with sifted icing sugar.

Per serving; 340 calories, 13g fat

(5g saturated), 55g carbohydrate



Panna cotta with ginger

Vitamin E in chestnuts helps to keep the skin, heart and blood cells healthy.

PREPARATION TIME: 15 MINUTES. PLUS INFUSING AND CHILLING **COOKING TIME: 20 MINUTES** 

**SERVES 8** 

S EASY/PREPARE AHEAD

300ml (1/2pt) reduced-fat single cream 300ml (1/2pt) reduced-fat double cream

- 1 heaped tbsp chestnut pureé
- 65g (21/20z) caster sugar
- 1 vanilla pod, split lengthways
- 4 cardamom pods
- 1/2tsp grated nutmeg
- 1 sachet gelatine powder
- 4 pieces stem ginger in syrup, ginger sliced and syrup reserved

you will need:

8 jelly or dariole moulds, lightly oiled

1 Put both the creams, the chestnut purée and sugar in a pan. Add the vanilla pod, along with the rest of the spices. Stir over a medium heat until the sugar and purée have dissolved. Take off the heat and allow to infuse for 20 minutes.

cake filling

- 2 Return the mixture to the heat and sprinkle in the gelatine, stirring until it has dissolved. Strain, pour into the moulds and chill overnight in the fridge.
- **3** Remove from the moulds by dipping the base into very hot water, then turning on to a plate. Scatter with the sliced stem ginger and pour the ginger syrup over the top before serving.

Per serving: 191 calories, 13g fat (10.5g saturated), 15g carbohydrate



100g (4oz) caster sugar 4 large, free-range eggs 1tsp vanilla extract 100g (4oz) self-raising flour, sifted

for the syrup:

400g (14oz) mandarin

Low-fat, warm sticky marmalade pudding

Vitamin-C rich orange juice helps make these wonderfully moist.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 12 TO 15 MINUTES
SERVES 8

**EASY** 

marmalade (or semi-sweet marmalade) 4tbsp caster sugar juice 2 oranges you will need:

8 metal pudding moulds, oiled and dusted with flour

- **1** Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Place the sugar, eggs and vanilla in a bowl and, using an electric whisk, beat until it has doubled in volume. Fold through the flour with a pinch of salt, then divide the mixture between the moulds and bake for 12 to 15 minutes until they have risen and are slightly golden.
- **2** While the sponges are cooking, make the syrup. Place all the ingredients in a pan, and heat gently until the sugar melts, then simmer gently for a couple of minutes, until it's a syrupy texture.
- **3** When the sponges are cooked, remove from the oven and cool slightly (they will sink slightly), then tip out on to a wire rack. Pierce holes in the top of each sponge, transfer to serving plates and divide the syrup between them. Serve while warm.

Per serving: 310 calories, 4g fat (1g saturated), 67g carbohydrate



Sticky date sponges

Potassium, in dates, is important for nerve and muscle functioning.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 25 MINUTES
SERVES 8

**M** EASY/PREPARE AHEAD

175g (6oz) dates, de-stoned and chopped 300ml (½pt) boiling water 1tsp bicarbonate of soda 75g (3oz) butter, softened 175g (6oz) caster sugar 3 large, free-range eggs 1tsp vanilla extract 225g (8oz) self-raising flour you will need:

8 metal pudding moulds, oiled and dusted with flour

- **1** Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Put the dates in a bowl, pour over the boiling water and add the bicarbonate of soda. Leave them to soak while you make the sponge.
- **2** Using an electric whisk, beat the butter and sugar together in a large bowl, until light and fluffy. Beat in the eggs, one at a time, then stir in the vanilla extract and sift in the flour with a large pinch of salt. Add the dates and all the soaking liquid, stir until you have a smooth mixture (it will be very runny), and divide between the pudding basins.
- **3** Bake in the centre of the oven for 25 minutes, until risen, springy and golden brown. Remove from the oven and allow to cool in the tins for a few minutes, before tipping out and either serving immediately, or leaving to cool and reheating up to a day later. *Per serving: 344 calories, 11g fat (6g saturated), 56g carbohydrate*



# Reinvent it: puds

A choice of two delicious puds, with mix and match sauces



Almost fat-free sticky toffee sauce

A butterless, creamless toffee sauce that's just as good as the sinful version.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 6

M S EASY/PREPARE AHEAD

Place 300g (10oz) dark muscovado sugar in a pan with 400ml (14fl oz) water, bring to a gentle simmer, and bubble for 3 to 5 minutes, until you have a light syrup. Whisk through 4tbsp half-fat crème fraîche until smooth, then drizzle over either pudding or some ice cream.

Per serving: 200 calories, 1.5g fat (1g saturated), 51g carbohydrate



Rich chocolate syrup

Perfect for chocoholics, but without the cream...

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
SERVES 6

Place 200g (7oz) chopped up Bournville **chocolate** in a bowl over a pan of hot, but not simmering water. Add 100g (4oz) **golden syrup** and allow to melt gently without stirring. When the chocolate is completeley melted, remove from the heat, allow to cool slightly, then stir through 2tbsp **half-fat crème fraîche** until you have a smooth glossy sauce. Serve over either pudding. This sauce is also great over ice cream, or with poached pears. Per serving: 228 calories, 10g fat (6g saturated), 35g carbohydrate

Who can resist sweet, soft sponges drizzled with a citrussy sauce? With our individual little puds, you don't have to...





#### Rhubarb crumble

Maganese, which is found in rhubarb, helps to support the immune system.

PREPARATION TIME: 15 MINUTES COOKING TIME: 40 MINUTES SERVES 8

**☑ EASY/PREPARE AHEAD** 

10 forced rhubarb stems ½ orange, juice only 2tbsp orange blossom honey

for the crumble:

275g (9½oz) butter 225g (8oz) plain flour 100g (4oz) ground almonds 175g (6oz) sugar

- **1** Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Cut the rhubarb into 5cm (2in) chunks and put into a large ovenproof dish.
- **2** Mix together the orange juice and honey and pour over the rhubarb.
- **3** To make the crumble mixture, rub the butter into the flour to form crumbs and add the almonds and sugar. Scatter over the rhubarb and bake for 30 to 40 minutes until golden. Serve with a jug of custard. Per serving: 542 calories, 36g fat (18g saturated), 52g carbohydrate

#### + RECIPE KNOW-HOW

This recipe will leave the rhubarb slightly tart, but it goes really well with the crumble topping and some custard. If you like puddings a lot sweeter, you could add in 1tbsp sugar or honey.

### Tiramisu meringues with coffee mascarpone

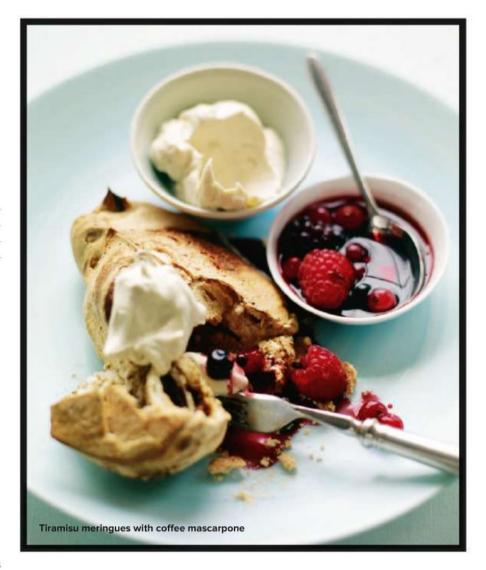
Dark, chocolatey cocoa powder is thought to help lower blood pressure.

PREPARATION TIME: 15 MINUTES COOKING TIME: 45 MINUTES, PLUS COOLING

SERVES 6

**Management** EASY/PREPARE AHEAD

3 free-range egg whites 150g (5oz) golden caster sugar



2tsp cocoa powder 2tsp instant espresso coffee 2tsp cornflour 4tsp white vinegar

for the mascarpone cream:

250g tub reduced-fat mascarpone 150ml (1/4pt) double cream, softly whipped 2tbsp golden caster sugar 2tsp vanilla bean paste 3tbsp coffee liqueur (we used Kahlúa) for the boozy berries:

400g pack frozen summer fruits, defrosted 2tbsp golden caster sugar 5tbsp cassis you will need:

non-stick baking sheet

1 Heat the oven to 150 C, 130 C fan, 300 F, gas 2. Whisk the egg whites in a clean, grease-free bowl until starting to form stiff peaks. Gradually whisk in the caster sugar, 1tbsp at a time, until it's all incorporated and the mixture is smooth and glossy.

2 Spoon half the mixture into another clean, grease-free bowl. Put the cocoa into one cup, the instant coffee into

another cup, and add 1tsp cornflour and 2tsp white vinegar to each cup. Stir both to mix.

- **3** Put the cocoa mixture into one bowl and the coffee mixture into another bowl. Gently fold the flavourings into the meringue to create a swirled effect. Use a very large serving spoon to scoop out large ovals of meringue and drop them on to the baking tray. Repeat to make 3 chocolate-swirled meringues and 3 coffee-swirled meringues.
- **4** Bake for 45 minutes, then turn off the heat and leave the meringues in the oven to cool for 30 minutes. This will give them a gorgeous gooey centre.
- **5** Put the mascarpone into a bowl and gently stir together with the lightly whipped cream, sugar, vanilla bean paste and coffee liqueur. Chill until needed.
- **6** Spoon the defrosted berries into a bowl, sprinkle over the sugar and drizzle on the cassis. Leave for up to 2 hours for the fruit to macerate (although you can serve them straight away). Serve the meringues with the coffee mascarpone and boozy berries. Per serving: 480 calories, 25g fat (8g saturated), 49g carbohydrate

#### Baking know-how

- The key is to follow the recipe to the letter when baking.
- Always use proper measuring spoons as most recipe writers use those as a standard measurement, whereas a spoon "from the drawer" can vary greatly.
- Use the correct cake tin size - measure the base not the top - as a different tin could alter the cooking time, texture and final result.
- + When baking cakes, use the middle oven shelf and preferably a non-fan oven if you have the option.
- + Don't mix up imperial and metric measurements.

#### DESSERTS

Our Feel Good mantra is always about portion control, "a little bit of what you fancy does you good".

- Wherever possible, we cut down on saturated fats in all our recipes. When it comes to cakes and desserts, if butter is required, we'd rather use a natural, pure product, rather than any substitutes.
- \* There are certain instances when reducing fat doesn't work. Unfortunately for our calorie counting, it seems that only full-fat Philadelphia works in baked cheesecakes and frostings. (And no, they haven't paid us to say that and we can't find out why!)

#### GOOD SUPPLIERS

For bakeware, cutters, decorations and other essentials, try: womanandhome.com/shop; lakeland.co.uk; squires-shop. com; cakecraftworld.co.uk

1......



#### Blueberry Bakewell tart

Antioxidant-rich blueberries will help prevent infections and colds.

PREPARATION TIME: 25 MINUTES,

PLUS CHILLING

**COOKING TIME: 15 MINUTES** 

**SERVES 10 TO 12** 

**EASY/PREPARE AHEAD** 

375g pack fresh shortcrust pastry 100g (4oz) butter 100g (4oz) caster sugar 3 free-range eggs 100g (4oz) ground almonds 50g (2oz) almonds, toasted blueberry jam, to spread on the tart case 125g (41/20z) blueberries

you will need:

28 x 18cm (11 x 7in) loose-bottomed tart tin, foil and baking beans

- 1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Roll out the pastry; line the tart tin. Prick the base, line with the foil and baking beans and chill for 15 minutes.
- 2 Bake for 15 minutes. Remove the beans and foil, return to the oven for 5 minutes.
- 3 Melt the butter and sugar, pour into a bowl and beat in the eggs and almonds. Spread the jam over the tart case, add the blueberries, and pour over the egg mixture. Bake for 20 minutes until golden and risen. Per serving: 381-318 calories, 29-24g fat (10-8g saturated), 22-18g carbohydrate

#### Peppery oatcakes

Black pepper assists with improved circulation and aids digestion too.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 15 MINUTES** 

MAKES 18

SEASY/PREPARE AHEAD/FREEZE

50g (2oz) plain flour 150g (5oz) medium oatmeal 2tsp coarse ground black pepper and 1/2tsp salt, plus extra of both to sprinkle 125g (41/20z) firm unsalted butter, diced milk, to glaze

you will need:

baking sheet, greased 7cm (23/4in) pastry cutters

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put all the ingredients, except the milk, in a food processor and blend until the mixture starts to bind. Add around 3tbsp cold water and mix until it forms a firm dough.
- 2 Roll the dough out thinly on a floured surface and, using the pastry cutters, cut out rounds. Brush with the milk and sprinkle with the extra salt and pepper.
- 4 Bake on the baking sheet for about 15 minutes until just beginning to colour. Leave to cool before serving with your favourite cheese.

Per oatcake: 95 calories, 6.5g fat (3.5g saturated), 8g carbohydrate





TV CHEF, AUTHOR AND TEACHER AT BALLYMALOE HOUSE COOKERY SCHOOL RACHEL ALLEN BELIEVES THAT BAKING IS. "WARMING, COMFORTING AND NURTURING - AND FILLS THE HOUSE WITH SUCH WONDERFUL SMELLS." AND THEN THERE'S THE BEST PART - TUCKING INTO THE BAKED GOODS! TRY THESE DATES BARS WITH A CUP OF TEA - THEY'RE NOT ONLY DELICIOUS. BUT CONTAIN OATS, WHICH, WITH THEIR CHOLESTEROL-LOWERING EFFECTS, ARE GOOD FOR HEART HEALTH.

#### RACHEL ALLEN'S

#### Date bars

We used to make these sticky, sweet bars when I worked in a food shop in Vancouver. They're great for a little afternoon pick-me-up and much better than any bought variety. They are perfect for lunchboxes, too, and will keep very fresh in an airtight container for up to a week. They can also be frozen.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

MAKES 16

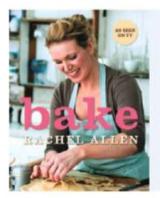
EASY/PREPARE AHEAD/FREEZE

250ml (9fl oz) water
200g (7oz) dates (stoned weight),
chopped
175g (6oz) plain flour
½tsp bicarbonate of soda
175g (6oz) soft light brown sugar
100g (4oz) porridge oats
175g (6oz) butter, diced
you will need:

20 x 20cm (8 x 8in) square cake tin

**1** Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Butter the sides of the cake tin and line the base with greaseproof paper. **2** Place the water and chopped dates in

- a medium-sized saucepan and bring up to a simmer. Cook for about 10 minutes, uncovered, on a low-medium heat until the date mixture is very soft and thick, stirring occasionally. Remove from the heat and allow to cool to room temperature.
- **3** Sift the flour and bicarbonate of soda into a large bowl. Add the sugar, oats and a pinch of salt and mix well. Add the butter and, using your fingertips, rub it in until moist clumps form.
- **4** Press half of the oat mixture evenly over the base of the prepared tin. Spread the cooked date mixture over this, then sprinkle with the remaining oat mixture. Press gently wih the palm of your hand to flatten it on top.
- **5** Bake in the oven for around 40 minutes or until golden brown at the edges and set in the centre.
- **6** Allow to cool completely in the tin, then cut into bars and serve.



#### RACHEL ALLEN'S BAKE (COLLINS, £20)

Bake includes a fabulous collection of both treats and meals that can all be baked in the oven. Whether you're wanting something a little different, such as Baked clams, the comfort of a familiar Cottage pie, or a more exotic Lime yogurt cake with rosewater, the wide range of recipes provide options for every day, plus celebratory occasions. With step-by-step pictures and helpful tips, Rachel shows how simple, and enjoyable, baking can be.



# Supercharge your diet

- + LOSE UP TO 14LBS IN JUST 28 DAYS
- + TARGET YOUR BODY'S TROUBLE SPOTS

Yes, it's a diet that will help you lose pounds in a month, but there's more... If you need to lose in a specific place, we have smart new tips and tricks that hit the spot and sort it fast! So whether you have a spreading middle, an overly curvy bottom and thighs, or saggy arms, this plan will help you slim and tone!

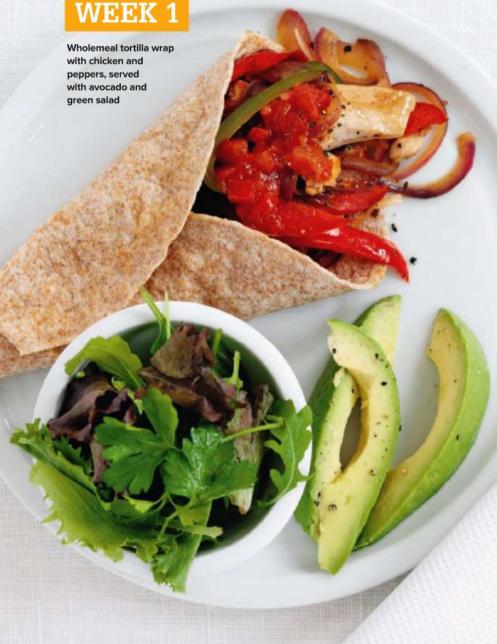
#### Here's how it works

IT'S SIMPLE. If you want to lose all over, just follow the diet from start to finish. It's a low-calorie, low-fat, low-fuss eating plan that'll help you shed up to a stone in the next month (especially if you add at least 30 minutes of walking or more intense exercise three to five times a week). If, however, you fancy losing weight and blasting a particular body area for good, then check out our "Supertarget" advice on page 137 and work in the very latest weight-loss tips that truly work. Trust us, it really is that easy!

## YOUR SUPERCHARGED 4-WEEK DIET PLAN

#### The rules you need to know...

- problem doing this, as the calories will even out over the week. Plus, the more interesting it is, the more likely you are to stick to it. + DON'T drink alcohol - it's
- everything you can, and if you're pan-frying or roasting, use a spritz of oil spray to stop things sticking. + DO drink at least eight glasses of low or no-calorie liquid each day. This includes water, herbal tea, diet sodas, squashes, tea and coffee (made with a splash of skimmed milk and sweetener, if you want).
- + DO swap meals there's no + DON'T use fat for cooking. Grill unnecessary extra calories. Great results are the best reward! + DO choose a daily snack from our charts (overleaf). WEEK 1



	BREAKFAST	LUNCH	DINNER
DAY 1	40g All Bran or Bran Flakes topped with a bottle of Actimel (or similar) yogurt drink. Add 2 handfuls of any berry.	1 wholemeal pitta spread with a little low-fat hummus. Add 50g chopped roast lamb and stuff with unlimited salad.	100g prawns cooked in ¼ jar Amoy Thai Creamy Coconut and Tomato sauce. Add 4 cubes pineapple and red pepper. Serve with 50g basmati rice.
DAY 2	1 small wholemeal pitta filled with 2 turkey bacon rashers and some sliced tomatoes.	Mini ploughman's: 2 mini Babybel Light, unlimited celery, carrot sticks and cherry tomatoes, 3 Ryvita and 1tbsp Branston Pickle.	1 wholemeal tortilla with 50g chicken stir-fried with sliced onion and green/red pepper. Serve with 1tbsp salsa, green salad and ¼ avocado.
DAY 3	Any 3 pieces of fruit, chopped and served with 125g low-fat cottage cheese.	Any supermarket sandwich under 350 calories, served with a snack bag of baby carrots and 1tbsp low-fat hummus.	Stir-fry 75g lean pork with baby corn, bean sprouts, Chinese cabbage, peppers. Add 1tbsp sweet chilli sauce, 1 microwave poppadom.
DAY 4	Smoothie made from 200ml skimmed milk, 1 banana and 2 handfuls of any berry. Add 1 slice rye or wholemeal toast with a little olive oil spread.	75g any low-fat pâté with 3 Ryvita and unlimited celery.	125g grilled salmon. Serve with 200g parsnip "chips" (made by roasting parboiled parsnips spritzed with a little oil spray) and a green salad.
DAY 5	1 piece rye or wholegrain toast topped with a small (200g) tin low-sugar baked beans. 150ml of any fruit juice.	Salad of rocket, olives, cherry tomatoes and cucumber topped with 100g tuna (tinned in brine).	A serving of supermarket mussels in white wine (500g) served with a 10cm chunk of crusty bread.
DAY 6	2 eggs, scrambled and served with unlimited grilled mushrooms and tomatoes.	Wholegrain roll (or seeded English muffin) topped with ¼ avocado and 2 slices ham or roast beef. Serve with 2tbsp low-fat coleslaw.	1 smoked trout fillet (around 125g) served with 4-5 new potatoes and unlimited broccoli with a dab of horseradish.
DAY 7	1 Müller Fruit Corner Yogurt (or similar) with 1 slice of wholegrain or rye toast topped with a little low-fat spread.	100g grilled chicken breast served with 150g mashed swede and unlimited savoy cabbage. Add 1tbsp low-fat gravy.	50g (dry weight) couscous served with roasted courgette, red pepper and onion. Top with 1tbsp low-fat hummus or tzatziki.

#### WEEK 2

Grilled salmon steak with chilli, noodles and unlimited mangetout

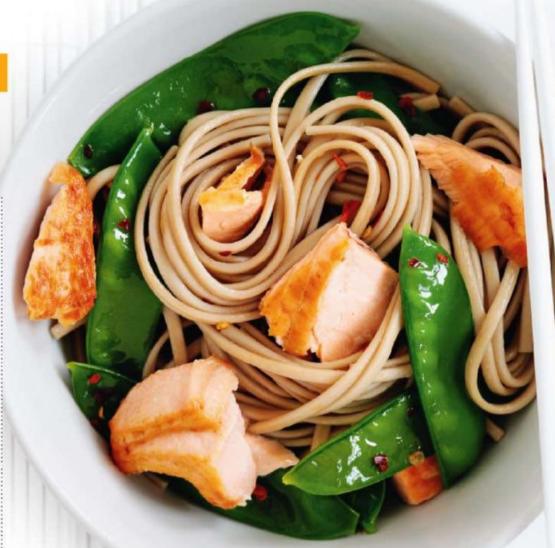
#### Need a boost?

Choose from these tasty treats for your mid-afternoon snack:

- + 2 STICKS OF CELERY dipped in 1tsp low-sugar peanut butter or salsa.
- + 200G TINNED RASPBERRIES OR
- CHERRIES with 1tbsp low-fat yogurt.
- + 1 PORTION OF FRUIT SALAD.
- + 1 POT OF ANY FLAVOURED
- MULLER RICE, 2 small pieces of fruit.
- + 25G GREEN & BLACK'S CHOCOLATE.
- + 2 RICH TEA BISCUITS WITH A MILKY COFFEE/HOT CHOCOLATE

made with semi-skimmed milk and instant coffee, a low-fat cappuccino sachet or a Skinny Cow-style hot

chocolate sachet.



Flavour-packed meals and sweet treats will help you to feel more satisfied

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	1 Eat Natural nut/cereal bar (or similar), 125g low-fat yogurt and 1 sliced pear or peach.	40g Bran Flakes or All Bran topped with 125ml skimmed or soy milk. Add 1 sliced banana.	2 eggs, boiled, poached, scrambled or made into an omelette with herbs. 1 slice wholegrain or rye toast, topped with a little olive oil spread.	40g porridge made with water, topped with 2tbsp tinned raspberries or cherries (in natural juice).	½ wholegrain bagel topped with 1tsp low-sugar peanut butter and 1 mashed banana.	1 piece wholegrain or rye toast topped with 25g grated low-fat cheese and grilled. Eat with 2 sliced tomatoes.	125g pot of low-fat yogurt, topped with 3tbsp pomegranate seeds (or any berry) and 2tbsp of low-sugar muesli/All Bran.
LUNCH	½ avocado stuffed with 75g prawns and a little low-fat vinaigrette, mayo or thousand island dressing. Serve with lettuce and tomato.	1The Food Doctor Multiseed English Muffin (or granary roll) spread with mustard. Add 2 slices lean ham, tomato and salad.	3 Ryvita spread with a little Marmite, 3tbsp low-fat cottage cheese and unlimited salad of your choice.	400g tin or ½ carton of any bean or lentil soup. Serve with ½ bag ready-to-eat supermarket salad.	2 ready-cooked flavoured chicken fillets served with a salad of watercress, red pepper and 3 chopped orange or grapefruit segments.	Pasta salad made from 50g (dry weight) pasta tossed in 75g tuna with a little low-fat mayo and some sweetcorn. Serve with green salad.	100g roast lamb served with 3-4 new potatoes cooked in mint and unlimited red cabbage.
DINNER	100g lean steak, grilled, served with green salad, 3-4 chopped olives, 4 semi-dried tomatoes and a sprinkle of Parmesan.	100g grilled salmon. Flake then mix into 120g (dry weight) fresh egg or udon noodles. Flash-fry in chilli oil and serve with mangetout.	50g (dry weight) pasta served with Bolognese- style sauce of 50g lean mince, a handful sliced mushrooms, 150g tinned tomatoes, herbs.	125g cod sprinkled with a little Cajun spice and pan-fried. Serve with 150g mashed sweet potato and green beans.	100g lean steak, grilled, served with green salad, 3-4 chopped olives, 4 semi-dried tomatoes and a sprinkle of Parmesan.	Halve a 10cm piece of French bread, toast lightly, then add 1tbsp fresh salsa per piece. Serve with 50g buffalo mozzarella.	100g chicken breast, grilled. Slice and paste with 1-2tsp mango chutney; grill briefly. Serve with 50g basmati rice and wilted spinach.



#### It's snack time!

Ring the changes with our pick of delicious, diet-friendly fillers:

+ 2 MINI BABYBEL LIGHT CHEESES

with a pear or 2 handfuls of grapes.

+ 1 POT OF LOW-FAT CHOCOLATE

MOUSSE (around 100 calories), plus 2 plums or other small fruit.

+ ANY 2 PIECES OF FRUIT.

+ 1 THE FOOD DOCTOR MULTISEED ENGLISH MUFFIN, toasted.

Add 1tsp low-sugar jam or a little olive oil spread.

+ 125G LOW-FAT GREEK YOGURT

topped with 2tbsp tinned raspberries or cherries in natural juice.

+ 1 FRUIT & NUT BAR, with

2 small pieces of fruit, such as kiwi.

+ 1 APPLE, SLICED and dipped in 1tsp low-fat hummus or peanut butter.

+ ½ BANANA and another piece of fruit of your choice.

+ 1 POT CREME CARAMEL,

with 3 handfuls of any berry.

Fettuccine with fresh carbonara sauce, spinach and mushrooms

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Small (about 50g) low-fat plain croissant topped with ½tbsp low-fat cream cheese and slices of peach or pear.	40g porridge oats made as directed. Add 1 chopped apple and 14g raisins or sultanas.	1 boiled or scrambled egg with 1 slice of wholegrain or rye toast. 150ml of any fruit juice.	2 Ryvita crackers served with 2 mini Babybel Light cheeses and 2 handfuls of raspberries.	1Eat Natural fruit and nut bar with a smoothie of 200ml skimmed milk mixed with 2 handfuls of any berry.	1 piece wholemeal or granary toast. 200g low-sugar baked beans.	1 chocolate chip brioche roll or 2 slices chocolate toast. 1 medium piece of fruit, such as a peach, pear or apple.
LUNCH	Salad made from 100g beetroot tossed with grated carrot and 1-2tbsp chickpeas. Top with 1tbsp low-fat hummus or tzatziki.	100g smoked salmon, chopped and mixed with 1-2tsp low-fat natural yogurt. Serve with up to 3 Ryvita and unlimited olives.	50g buffalo mozzarella served with sliced tomatoes and a drizzle of pesto. Eat with up to 3 Ryvita.	400g tin tomato or mushroom soup with one wholemeal roll or pitta stuffed with salad.	2 slices lean ham, 2tbsp low-fat potato salad, side of rocket and cherry tomatoes.	Any supermarket sandwich or salad under 350 calories. Serve with baby carrots and black olives.	100g lean roast pork served with unlimited vegetables and 1 roast potato.
DINNER	50g (dry weight) fettuccine tossed with 150g fresh carbonara sauce, spinach and mushrooms.	100g pork chop served with 150g mashed sweet potato, 1tsp apple sauce and unlimited broccoli.	100g chicken stir-fried with bean sprouts, mushrooms and ¼ jar Black Bean sauce. Add 2 microwave poppadoms and 1tsp lime pickle.	125g tuna steak, pan fried. Serve with 4-5 new potatoes and 2tbsp low-fat coleslaw.	125g grilled plaice, served with kebabs of courgette, mushroom, pineapple and peppers, also grilled, plus harissa or sweet chilli sauce.	100g lean steak, grilled. Serve with 150g sweet potatoes wedges, baked in the oven, and a large green salad.	Chilli: 75g lean beef mince simmered with tinned tomatoes, onion, garlic and 2tbsp kidney beans. Serve with 50g basmati rice.



A low-fat burger, served with salad and a dill pickle

	BREAKFAST	LUNCH	DINNER
DAY 1	1 The Food Doctor Multiseed English muffin, grilled, served with 1tsp low-sugar peanut butter. 2 pieces of fruit or a portion of fruit salad.	Salad of 75g chicken with broccoli florets, red pepper, carrot and 1 small handful of almonds. Add 2tsp of any low-fat dressing.	Fry 1 chopped leek and garlic. Add 50g risotto rice and make as directed on pack. Stir in 4 chopped semi-dried tomatoes and Parmesan.
DAY 2	1 small wholemeal roll filled with 1tbsp mashed avocado. Top with slices of grilled tomatoes and/or mushrooms.	Niçoise-style salad made from green beans, tomato, red onion and some black olives. Add 100g tuna (tinned in brine).	1 wholemeal bun filled with 1 low-fat quarterpounder burger, grilled. Top with unlimited salad and serve with 1 large dill pickle.
DAY 3	125g pot of low-fat yogurt filled with 1tbsp All Bran or Bran Flakes. 1 chopped pear or apple.	1 small wholemeal pitta filled with   ¼ avocado, 50g   prawns and a little   low-fat mayo. Serve   with chopped tomato   and cucumber.	100g diced lamb simmered in ¼ jar rogan josh sauce with 3-4 handfuls spinach. Serve with 50g (dry weight) basmati rice.
DAY 4	Any 3 pieces of fruit, chopped. Serve with 1 handful of almonds or walnut halves.	6 pieces of any sushi roll with a sachet of miso soup. Serve with a green salad topped with low-fat vinaigrette.	100g tuna steak, grilled. Top with a salsa of chopped tomato, orange and coriander. Serve with 4-5 new potatoes and broccoli.
DAY 5	1 Eat Natural fruit and nut bar, 1 bottle of Actimel (or similar) drinking yogurt, 1 banana.	4 baked falafels, served with nutty coleslaw (grated carrot, cabbage and onion, a little salad cream and a handful of chilli peanuts).	125g sole, grilled with a little lemon. Serve with 50g (dry weight) pasta spirals tossed in 1tsp pesto with chopped cherry tomatoes.
DAY 6	2 lemon and raisin pancakes served with 1tbsp low-fat Greek yogurt. 1 peach or nectarine.	75g smoked salmon served with 2tbsp low-fat potato salad, unlimited rocket and celery.	100g steak, grilled. Serve with 150g sweet potato mash and unlimited green beans.
DAY 7	Omelette made from 1 whole egg and 2 whites, and unlimited mushrooms.	100g roast beef served with unlimited vegetables and 1 individual Yorkshire pudding. Add 1tbsp gravy.	75g any low-fat pâté served with 1 small wholemeal roll (toasted). Add sliced cucumber and tomatoes.

When your food looks and tastes this good, sticking to the plan is easy – and you'll soon see a difference on the scales!



AND THIGHS

#### ...... TONE UP YOUR TUM TRIM YOUR HIPS

**SWITCH VEG** Hormone theory says that reducing excess oestrogen is key, and cruciferous vegetables (like broccoli) or citrus will help. Up the oestrogenabsorbing factor by adapting the diet to include 2 to 3 portions of cabbage, broccoli, Brussels sprouts, cauliflower, rocket or watercress each day; add 1/2 grapefruit or an orange to your breakfast; and drink 3 cups of green tea with lemon daily.

DO THE MEGA MOVE The American Council On Exercise found the best bottom-firming move to be Quadruped Hip Extensions. First, get on hands and knees, and contract your abs. Lift one leg up, keeping the knee at 90 degrees and pushing the bottom of the foot towards the ceiling. Do three

EAT LOW-CARB It's renowned for trimming tums fast, so adapt the diet by replacing the carb portion of evening meals with extra veg. In carb-based meals, like the fettuccine, swap the pasta for carrot and courgettes shredded into long, thin strips. Instead of rice/couscous, add 100g fish, chicken or lean red meat, and make your afternoon snack a 125g pot of low-fat yogurt and fruit.

**CONTROL CORTISOL** High levels of this stress hormone are a trigger for extra inches. Lower its production by taking time to relax, and never leave more than three hours between meals. Adapt the diet by adding an extra mid-morning or late-evening snack: 2 Ryvita with 2tbsp cottage cheese or a smoothie made from 200ml skimmed milk and 2 handfuls of berries. **TONED TUMMIES LOOK THINNER Experts** 

choose "the bicycle" for effective tummy training. Lie on your back, knees bent at 90 degrees and legs lifted. Put your hands behind your head. Now lift your shoulder blades and twist your right elbow to your left knee while extending your right leg (imagine you're cycling). Switch sides.

#### FIRM THOSE FLABBY ARMS

UP YOUR B VITS Some experts link fatty arms to low levels of male hormones in the body, but consuming more B vitamins can help strengthen the adrenal glands, where these hormones are produced. Adapt the diet to include at least 2 servings of dark green veg a day; choose a bran or rye-based breakfast three times a week and add a handful of walnuts or hazelnuts each day. SUPERTONE YOUR ARMS Top celebrity trainer, Tracy Anderson, swears by arm circles to get things toned. Stand straight, arms outstretched at shoulder height, palms up, now rotate your glands and boost mood. Try Solgar Rhodiola Rosea, £9.59.





Find delicious recipes, helpful foodie tips, buys and so much more online





#### + EAT WELL all week

#### + EVERYDAY INSPIRATION

Check our daily recipes for new ways with pasta, chicken & more!

#### + EASY ENTERTAINING

From stylish evenings with friends to laid-back family get-togethers - find

the ideas that are right for you

# your ideal menu here

#### Have fun at your local Supper Club

Make new friends, enjoy great food, share your recipes and cooking tips... and a glass of wine or two! Sign up at

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**N&H DIET CLUB** 



#### + CLICK and save

The kitchen is the heart of every home - love it back with some sparkling new buys at fantastic prices! Check out our range, from chic crockery to knives and the latest electricals at womanandhome.com/shop

#### Lose weight the easy way

Join now at womanandhomediet.com

- + So simple you create an online diary; we work out how many calories you need to lose weight and keep track for you
- + Check the calorie and fat content of your home-made dishes - plus more than 40,000 ready meals!





# FRESHLY SQUEEZED At-home juicing is an easy way to keep healthy. Try grapefruit juice – it may help weight loss and also protect against diabetes, and don't forget veggie juices; beetroot is thought to help lower cholesterol, while carrot is vitamin-packed. E-Bodum juicer, £50, bodum.com

# Gadgets with a healthy X factor

We all want to eat more healthily and if you have a kitchen with the right kind of time, vitamin and health-saving gadgets then you're well on the way to a great 2011



DRINKS WHIZZ Blenders are great for upping your 5-a-day intake – use to make a mixed-fruit smoothie or a high-protein milkshake. KitchenAid's extra-large glass jug comes apart for easy cleaning (just pop it in the dishwasher) and is really easy to use. Artisan blender, £149, kitchenaid.com



SOUP-ER QUICK Looks like a blender, but this is so much more! Chop your veg, sauté, add stock, simmer and you'll have great soup in 20 minutes – so simple, so nutritious. Keeps the soup warm too! Cuisinart soup maker, £139, johnlewis.com



**LEAN OPTION** This is the ultimate in good cooking. As food can absorb a lot of the cooking fat when fried, it means that even an originally low-fat item can end up with a high fat content. But this Lean, Mean Grilling Machine, which is neat to store and easy to clean, provides a feel good alternative. Its non-stick grill plate makes it easy to clean, and it can fit 5 chicken breasts on it, so perfect for a high-protein family meal. *George Foreman Grilling Machine*, £59.97, tescodirect.com



FASY ENTERTAINING Having friends round? Forget the crisps; opt for a nutritious snack – veg crudités – made in seconds with this Oxo slicer. Serve with hummus for a high-protein nibble. The slicer's incredibly sharp, but the handle keeps fingers away from the blade. Julienne slicer, £13, oxo.com



STEAMED CUISINE Steaming food is a gentle yet quick cooking method that helps food retain nutrients. This Tefal steamer has 3 tiers to cook different food without any flavours mingling. It also has a delayed start option and auto keep warm at the end of cooking. Vitacuisine steamer, £99, tefal.co.uk



CLEAN-CUT CHIPS If you really want chips with your dinner, you can now enjoy a healthier version, thanks to the ActiFry. Like a cleaner version of a deep-fat fryer, it only uses 1tsp of oil. Great for stir-fried veg too. The ActiFry, from £199, tefal.co.uk



FIBRE-RICH RICE While we know that eating wholemeal rather than white rice is better for us nutritionally, cooking it can be more complicated. However, for rice that tastes amazing every time, use Jamie Oliver's neat rice cooker. It will turn out perfect rice no hassle and can also be used to cook porridge, lentils and risotto. Jamie Oliver Really Good Rice Pot, £30, jamieoliver.com



LOW-FAT COOKER Fancy having a steam oven that can cook fish and veg without the need for additional oils or fats? Look no further than Sharp's new Steamwave, which is a steam oven as well as a microwave and grill. With 4 specially created "balanced meal options", it allows you to cook a whole balanced meal, such as chicken, potato and a medley of vegetables in one go. Steamwave oven, £299, sharp.co.uk



FAT-FREE OPTION Swiss Diamond's new range of pans have crushed diamonds in their bodies, making them super durable and totally non-stick, which means you don't need to add any oils before cooking. They're also really easy to clean, have an amazing heat distribution, and come with a lifetime guarantee. From £30 for a 20cm frying pan, swissdiamond.com



HEALTH BREWS Get yourself addicted to herbal teas with this stylish kettle with a keep-warm feature, so you won't have to reboil water for 30 minutes. Our favourite herbal brews – fennel and peppermint, plus antioxidant-rich green tea, which protects immune systems. £69.99, houseoffraser.co.uk

#### ECO CHOICE

PS WITH ALL THAT HEALTHY EATING YOU'LL NEED A COOL COMPOSTER

When you're eating healthily, there's bound to be lots of peelings, scraps and cores to compost. This Orla Kiely composter is the most stylish design we've seen. It's good-looking enough to have out on display on your worktop all the time, and it has the essential replaceable filter in the lid to keep smells at bay.

Composter, £50, blisshome.co.uk



# CREATE YOUR OWN top table top table what do the smartest tables have on them this coming spring? Beautiful cutlery, stunning china and the perfect glassware. Add just one of this season's great new

accessories to update your style right now

+ Wine time On trend for this spring, these coloured glasses will add a fabulous touch of richness to your table. All you need is a good bottle of wine. Set of 4 wine glasses (2 yellow, 2 turquoise), £16, Next

+ For the love of plates Heart-shaped plates are normally a little twee or kitsch, but this set from The White Company has its signature elegant look. Portobello Heart Plates, £35 for 3, thewhitecompany.co.uk

+ Blast from the past Le Creuset has come a long way since the days of its orange cast-iron pots. We love the chic new Cassis colour range of oven-to-table ware. From £105 for a 20cm round casserole.

lecreuset.co.uk

+ Designer style We love Lisa
Stickley's range for Designers at
Debenhams. Her pretty flower
illustrations make the pieces timeless.
This cake stand is a great cross of
modern and traditional style, with
striking colours. £30, Debenhams



+ Soft hues These plates are too gorgeous to keep for best. Each one has been hand-thrown, and the range is available in five soft shades so why not mix and match the colours? From £22 for a side plate, toast.co.uk





+ Eat in style It's well worth investing in a quality tablecloth. Linen or 100% cotton are your best bet - we love these muted natural shades. Ladder-stitch tablecloths, from £65 each, volgalinen.co.uk



lifetime. Dandelion napkins,

£6.96 each, ninacampbell.com

#### 3 OF THE BEST + cutlery sets









#### NICE TO SLICE

Designed by Sophie Conran for Arthur Price, this sleek cutlery sits perfectly in your hands and has long, delicate tines.

£29.15 for a 7-piece place setting. Cake slice (not shown), £14, womanandhome.com/shop

#### SIMPLY THE BEST

Viners is one of the first names you think of when it comes to cutlery. Modern, classic or ultra traditional - they have it. This beaded collection is brilliant value. £99 for 100 pieces, womanandhome.com/shop

......

#### **GOLDEN TIME**

Want modern gold cutlery that looks contemporary enough to grace your stylish table? Zara Home has 3 great sets at affordable prices. Oro Viejo cutlery, from £3.99 for a spoon, zarahome.com

# Our favourite online and mail-order food suppliers

Sourcing good-quality food has never been easier, thanks to the Internet, and most of these suppliers are just a phone call away, too. If you fancy visiting a local market, there are also lots of excellent farmers' markets to discover...

# Meat, fish and poultry

#### + DONALD RUSSELL

Top-notch beef and venison. welfare-kind fish and seafood 01467-629666; donaldrussell.com

## + FISH FOR THOUGHT

Fresh fish from Cornwall, as well as frozen and smoked fish. They will deliver within 24 hours.

01208-262202; martins-seafresh.co.uk

# + THE FISH SOCIETY

All freshly frozen, top-quality organic fish and seafood with a huge selection to choose from, including smoked fish. 01428-687768; thefishsociety.co.uk

#### # FORMAN & FIELD

Excellent smoked salmon and other fish, plus all sorts of food goodies, from pies to liqueurs, cheese to patisserie.

(020) 8525 2352; formanandfield.com

# + GRAIG FARM ORGANICS

Graig Farm has won awards for its organic meat and poultry. It now offers a huge choice of groceries, baby foods and ready meals. Virtually the whole range is organic.

01686-627979; graigfarm.co.uk

## + LANE FARM COUNTRY FOODS

For fabulous, Freedom Food-standard

pork, gammon, ham, bacon, sausages and salami. Owners Sue and Ian are happy to help with any cooking queries.

01379-384593; lanefarm.co.uk

#### + THE REAL MEAT COMPANY

Animals are reared to the highest possible standard, and it shows in the eating quality, from beef to chicken and ham. 01985-840562; realmeat.co.uk

# + THE WELL HUNG MEAT COMPANY

Based in south Devon, this close-knit operation offers top-notch organic lamb, beef, pork and poultry.

0845-2303131; wellhungmeat.com

#### + WING OF ST MAWES

Offers a seasonal selection of fabulous fish from sustainable sources, with great recipes to make the most of your haul. 01726-861666;

thecornishfishmonger.co.uk

# Foods of the world

# + BART SPICES

For a wide range of herbs, spices, seasonings and sauces, plus many Fairtrade and organic products.

01179-773474; bartspices.com

#### + GOODNESSDIRECT

This website has a fantastic range of gluten-, wheat- and dairy-free goods, as well as Fairtrade products, Japanese ingredients and so much more. 0871-8716611; goodnessdirect.co.uk

From tempura and green tea to wasabi and rice crackers - all manner of delicious Japanese ingredients and information. mountfuji.co.uk

## + NIFE IS LIFE

Have ultra-fresh mozzarella delivered direct from Naples, plus other delicious Italian goodies, such as hams and salami, and a range of organic products. (020) 8961 0210; nifeislife.com

# + SEASONED PIONEERS

A vast selection of spices and gourmet cooking sauces from around the world, along with recipe and usage ideas.

0800-0682348; seasonedpioneers.co.uk

# Cheese

## + THE FINE CHEESE CO

A great selection of British cheese and extras, including Devon clotted cream, pickles, crackers and mouthwatering chocolate truffles, too.

01225-448748: finecheese.co.uk

# + NEAL'S YARD DAIRY

A British regional cheese specialist. Choose from Stinking Bishop and Gabriel as well as Cheddar and Wensleydale.

(020) 7500 7575; nealsyarddairy.co.uk



#### + PAXTON & WHITFIELD

For British and Continental cheeses, plus wines and fantastic gifts.
01451-823460;
paxtonandwhitfield.co.uk

## + THE TEDDINGTON CHEESE

A huge selection of both British and Continental cheeses, with great hampers and fabulous cheese wedding cakes. (020) 8977 6868; teddingtoncheese.co.uk

# Join an organic box delivery scheme

## + RIVERFORD ORGANIC VEGETABLES

Fantastic home-delivery service for fruit and vegetables, plus a great selection of meat, wine, fruit juices, dairy and eggs.

0845-6002311; riverford.co.uk

## + ABEL & COLE

Award-winning one-stop shop for all things organic. Sign up for a weekly fruit and veg box to be delivered, filled with seasonal produce that's different every week. 0845-2626262; abelandcole.co.uk

#### + BOXSCHEME.ORG

A fantastic green and organic directory to help you find box schemes near you. **boxscheme.org** 

#### + A LOT OF ORGANICS

Handy search engine where you can find suppliers of all things organic, from fruit and vegetables to household and beauty products, clothes and shoes, plus a directory of websites selling ethical and Fairtrade products. alotoforganics.co.uk

# Special treats

# + ARTISAN DU CHOCOLAT

For the original liquid salted caramels; often copied, never bettered! Plus other delectable goodies.

(020) 7824 8365; artisanduchocolat.co.uk

#### + FIONA CAIRNS CAKES

Beautiful, clever and delicious cakes to bring a warm feeling to your heart. There are many other cake-makers around, but Fiona's are at the top of the Premiership.

0116-2402888; fionacairns.com

#### + FORTNUM & MASON

Loved because it sells items that are invariably unique and the packaging is stunning. Very special for foodie gifts. The Champagne truffles are fab! (020) 7734 8040; fortnumandmason.com

#### + HOTEL CHOCOLAT

Great for luxury chocolate gifts and gorgeous dinner-party platters. hotelchocolat.co.uk

#### + LA MAISON DU CHOCOLAT

We just love the ganache collections: dark, intense and terribly grown-up. lamaisonduchocolat.co.uk

#### + TWININGS TEA

Well-known for its delicious teas, but few stores stock the whole range. We love the white tea with pomegranate; perfect for healthy summer slurping. twinings.co.uk

## + ORIGIN COFFEE

Great tasting, ethically and environmentally sound coffees, roasted in Cornwall. The limited-edition ranges would make a wonderful gift.

01326-340320; origincoffee.co.uk

# Your favourite supermarket can deliver to your door, too

- + asda.co.uk
- + ocado.com

+ tesco.com

- + sainsburys.co.uk
- + waitrosedeliver.com

# Farmers' markets

There has been an explosion in the popularity of farmers' markets in the last few years. We are all keen to get in touch with the land, find out what foods are grown locally, what's in season, and discover different varieties of fruit and vegetables. So why should we shop at a farmers' market? Because it's fun and accessible, and you have the chance to chat to the people who actually grow the food, make the cheese or rear the livestock. You'll also find varieties of fruit and vegetables not seen on the supermarket shelves.

These markets are a lovely spot for finding gifts, such as homemade preserves and local honey. And it's a great place to take your kids, too – they'll learn that vegetables are grown in the soil and don't arrive pristine and pre-packed. Plus, knowing that what you're buying is homegrown and locally produced makes you feel so good about your carbon footprint.

Here are some good websites to help you find farmers' markets and pick-your-own farms in your area. It's up to all of us to support our local farmers and markets to prevent them disappearing, so get out there and get shopping!

- + farmersmarkets.net
- + pickyourown.info
- + farmshopping.net
- + foodloversbritain.com

If you've found a great farmers' market, please share it with us on womanandhome.com.

# FEEL GOOD FOOD + OFFERS



# Oval casserole and grill set just £99 (RRP £178.95)

These stylish and essential kitchen items have been created by award-winning designer Marcus Notley for La Cuisine.

- + The **29cm (12in) oval casserole** has a 4.5-litre (8pt) capacity, and is suitable for all hob types, including induction. It can also be used in the oven. It's ideal for all types of casseroles, in particular those that require slow cooking, and is enamelled inside and out for easy cleaning.
- + The Elysee rectangular grill measures 29x26cm (12x10in). This grill has an excellent design, featuring low sides for maximum vapour escape, handles at either end for weight distribution and pouring lips. The ridged interior is ideal for chargrilling the spacing of the ridges will produce perfect professional-style char lines.
- + Just £99 for the pair. Available in a choice of stylish colours: red (as shown), black, olive green and grey (grill and casserole to be same colour).

  CODE 025075 La Cuisine oval casserole and grill set, £99 (RRP £178.95)

# **HOW TO ORDER**

**BY WEB** Order online and find many more offers at our website **www.womanandhome.com/shop.** 

BY PHONE Call 0800-1380088\*, quoting code XWH968/SUBSXWH969 and the product code

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the product code on the back. Please include a contact phone number. WAYS TO PAY We accept MasterCard/Visa/Switch/Maestro (and

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please allow 28 days and we will notify you if a longer delay is expected. **Mainland UK delivery only.** Delivery costs £3.99, standard P&P.

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please return your order with the completed correspondence with your purchases, within seven days, and you will receive a full refund (including initial postage). Goods are returned at the readers' expense, however, in the unlikely event the goods were faulty, we will reimburse all postage. Refunds will only be given on the return of the order. Please note, in the case of goods going missing in the post when returned, we regret that no refund can be guaranteed unless proof of postage is supplied.

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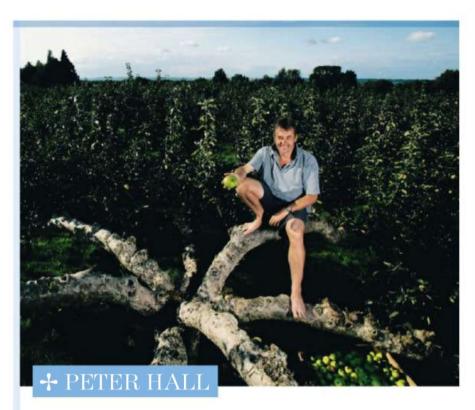
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# \*VERY IMPORTANT PRODUCERS

At Feel Good Food, we care where our produce comes from and we know you do, too. In this new series, we'd like to introduce you to some of our favourite fruit and veg producers



Peter Hall is a fourth generation grower at his family farming business, which was established in 1896 in Marden, Kent. He supplies organic top fruit (apples, pears and plums) to Sainsbury's and has the only traditional organic hop garden in the UK.

Four hectares of HE Hall & Son Ltd's 124-hectare farm became an organic concept orchard in 2007, and was developed as a way to help halt the decline of traditional British apple and pear orchards. Sainsbury's has been using the concept orchard scheme to develop new varieties and increase yields through new and innovative growing practices. The whole project has helped to increase yields from 20

tonnes per hectare to 60 tonnes. The majority of the trees planted in Peter's orchards are organic. Varieties include Braeburn, Royal Gala, Bramley, Delbar, Festival, Early Windsor, Pinova, Egremont Russet and Fuji.

Peter has also been a champion of growing apples organically for nearly 25 years and says, "One morning I was spraying hops with a lethal cocktail of pesticides, trying to kill an infestation of spider mites. I had a baby son and, as the sun rose, I thought that if this was farming, I wanted no part of it." Peter also makes use of automated weather stations to gain information to allow him to use environmental methods to avoid diseases developing in the apples.



# + ROD & BEN'S

Based in Devon, these two mates started out farming organically and selling veg boxes locally. Such was the interest, Ben Moseley now runs Summerhill Farm, where he produces Devon Ruby Red beef, lamb, turkey, chicken and geese, which you can buy online (summerhill-farm.co.uk) for national delivery.

Rod Hall (above) remains at Bickham Farm and produces a range of seasonal organic soups and veg pots, and also has a burgeoning online shop. As Rod tells us, "Environmental integrity lies at the heart of all our thinking, which means we seek to source local produce wherever possible, thereby supporting the local farming community and avoiding any unnecessary imported alternatives. As the new delivery business grows, the ethos on the farm will remain the same — working with interesting varieties. Ilko

interesting varieties, like pink fir apple potatoes or romanesco cauliflowers, to assure you that even our more mainstream crops are capable of grabbing your imagination."

Soups and Veg Pots available at Morrison's in the South West and at farm shops and delis nationwide. Visit rodandbens.com.



# + GOOD NATURED CARROTS

Farmed in Yorkshire, Good Natured carrots are grown under the watchful eye of Guy Poskitt, whose family have been carrot experts for over 50 years.

His crops are pesticide residue free and grown in harmony with Mother Nature, using only natural predators to control pests and disease, and all packaging is fully compostable.

Guy was born and bred on his farm and has run the business for 27 years, expanding the carrot-growing operation from 35 acres to 1,200 today. His favourite bit of the job is watching his carrots grow in summer. Guy won an award for National Veg Grower Of The

Year 2010 and will be
National Farmers' Union
county chairman in 2011.
His family has been
farming on the same
land for generations and
growing carrots since
the 1960s, originally for
the wholesale

markets but latterly for



the supermarkets. He is now married and has two sons – Mark and Ben, aged eight and nine. Guy mostly likes to eat carrots raw and says he eats buckets of them.

He only got his first pair of glasses at the age of 47, so proves that carrots' high beta-carotene content really is beneficial to your eyesight!





G's Marketing is a family business founded in 1952 by Guy Shropshire and now run by his eldest son John. Based near Ely in Cambridgeshire, the company is committed to managing the entire process, from growing through to production and marketing, and produces a range of salads and vegetables.

Will Shakeshift (pictured left) grows beetroot for G's, which then supplies the vegetables to Marks & Spencer. He is from Lancashire, but has farmed in East Anglia's Fens (one of the UK's main beetroot growing regions) for over 15 years. The farm employs 130 people in the summer season.

"Beetroot is an exciting crop to grow," says Will, "as it's more responsive than potatoes or other main crops like cereals. The baby beets we grow for Marks & Spencer are specially grown to the required size, not cut down from bigger roots! The rich but light fen soils on our farms in the Isle of Ely are perfect for beetroot, which doesn't do so well on heavier or sandier land."

G's traditional beetroot (one of the newest super foods) is prepared with a fresh-from-the-kitchen approach, cooked in small batches to ensure the highest quality. Following a Mrs Beeton recipe, a dash of specially selected mild malt vinegar or acetic acid is added to the mix to enhance the flavour and help extend its keeping qualities in your fridge.

A recent development is G's new gourmet range of the sweetest baby beets, infused with quality vinegars and delicious natural flavours.

# Ageing

This revolutionary anti-aging skin supplement has been hailed by celebrities as the beauty holy grail. proto-col collagen capsules have a unique formulation of type I and type II hydrolysed collagen. This pure skin supplement reduces the appearance of fine lines and wrinkles and reinforces aching joints. With collagen levels depleting from age 25 at 1.5 % per year, proto-col hydrolysed collagen could be your 2011 beauty saviour!

£29.95 collagen 90 capsules

Special offer 3 jars for the price of 2



# Energy

Give yourself an energy boost with proto-col green magic. This high energy super food contains 17 of the world's most powerful super nutrients. With spirulina and kamut juice giving much needed energy, co enzyme Q10 and royal jelly acting as powerful antioxidants and soya lecithin and high pectin apple fibre helping to reduce body fat and trap cholesterol. Just one 3 gram serving provides the equivalent of 5-7 portions of fruit and vegetables. Make green magic your number one New Year Resolution!

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green magic 200g Also available in 10 day, 100g and 500g sizes.



# Weight loss

proto-col thermo-slim+ increases energy levels and breaks down fat stores, providing a natural weight loss solution. This potent formulation of natural herbs, minerals and plant extracts acts as a natural metaboliser, increasing the body's metabolic rate and helping to aid weight loss. This ephedrine free formulation provides safe, effective weight loss, giving you the energy to hit 2011 running!

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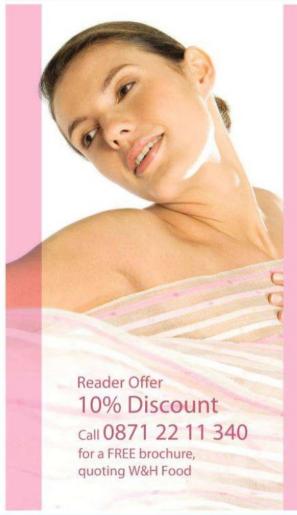
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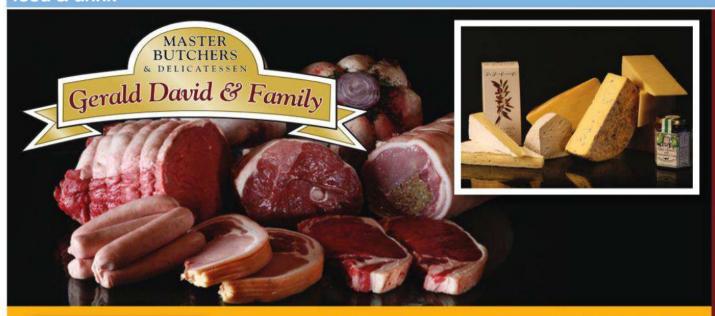
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# The recipe list

#### MEAT AND POULTRY

- 20 Sage-stuffed pork with onion
- 24 Balsamic chicken casserole
- 24 Stuffed cabbage leaves with pork
- 24 Quick smoky sausage and chickpea casserole
- 26 Garlicky chicken, squash and shallot casserole
- 26 Pot roast beef in ale
- 29 Chicken, bean and tomato pilaf
- 30 Rich and saucy pork chilli
- 36 Bill Granger's Beef daube with rosé
- 43 Minted lamb and butter bean mash
- 43 Fillet steak with fresh rocket
- 46 Butter beans with chorizo
- 54 Gennaro Contaldo's Polpettine di carne (meatballs)
- 84 Braised Chinese pork
- 84 Hoisin and ginger sticky chicken
- 88 Roast lamb with a spiced yogurt crust
- 92 Fragrant green curry
- 92 Thai turkey lettuce cups
- 94 Chicken and courgette empanadas
- 105 Lemon-and-basil stuffed turkey
- 105 Pomegranate molasses griddled steak with roasted beetroot
- 106 Jerk chicken salad
- 106 Roast chicken with lemon and roasted
- 108 Roast pork with anchovy and sage
- 108 Leg of lamb with anchovies and capers
- 112 Spicy salami pizza
- 114 James Martin's Sticky chicken wings and Slow-roasted tomatoes with Worcestershire sauce

#### FISH AND SHELLFISH

- 16 Rick Stein's Steamed mussels with yellow kroeung, coconut milk and kaffir lime leaves
- 40 Seared scallops with linguine and Parmesan
- 46 Croûton-crusted salmon
- 50 Swordfish with a parsley crust
- 50 Prawn fishcakes
- 50 Rosemary skewered monkfish
- 53 Spaghetti with griddled courgettes, cherry tomatoes and prawns

- 64 Sesame soy salmon
- 64 Five-minute tuna and avocado salad
- 72 Crab salad
- 88 Chilli and lemongrass prawns with cauliflower
- 92 Keralan-style prawn curry
- 94 Smoked haddock kedgeree
- 102 Oyster and watercress soup
- 102 Scottish mussel broth
- 112 Tomato, mozzarella and anchovy pizza

### **MEAT-FREE**

- 14 Borscht with caraway
- 14 Baked butternut squash
- 14 Celeriac and potato gratin
- 14 Balsamic-roasted root vegetables
- 20 Pear and celeriac soup
- 29 Chunky country soup
- 30 Spicy lentil and sweet potato stew
- 32 Olive and caper mash
- 32 Roasted garlic mash
- 32 Swede and carrot mash
- 32 Celeriac and potato mash
- 40 Chervil tagliatelle with sauce vierge46 Pumpkin and sweet potato soup
- 53 Aubergine and goats' cheese
- sandwich
  60 Carrot, butternut squash and
- coriander soup
- 60 Cauliflower gratin
- 64 Roasted veg and rice noodle salad
- 68 Feta and pepper frittata
- 68 Mediterranean aubergines
- 68 Tomato, black olive and caper spaghetti
- 72 Asparagus and creamy scrambled eggs
- 72 Courgette and goats' cheese tortilla
- 76 Roast squash and beetroot couscous
- 76 Ultimate veggie lasagne
- 76 Beetroot and goats' cheese Wellingtons
- 78 Yotam Ottolenghi's Multi veg paella

- 88 Teriyaki mushroom and spinach stir-fry
- 96 Anjum Anand's Karahi mushrooms with peppers and peas
- 110 Rosemary potatoes
- 110 Warm lentil salad
- 110 Red cabbage with apples, balsamic and walnuts
- 110 Roasted celery hearts and fennel
- 112 Tomato and onion focaccia
- 112 Rosemary and goats' cheese pizza

# **DESSERTS AND BAKES**

- 120 Chocolate mousse with mini meringues
- 120 Baked apples with candied peel
- 123 Zesty orange tart
- 123 Panna cotta with ginger
- 124 Low-fat, warm sticky marmalade pudding
- 124 Sticky date sponges
- 124 Almost fat-free sticky toffee sauce
- 124 Rich chocolate syrup
- 127 Rhubarb crumble
- 127 Tiramisu meringues with coffee mascarpone
- 128 Blueberry Bakewell tart
- 128 Peppery oatcakes
- 130 Rachel Allen's Date bars

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